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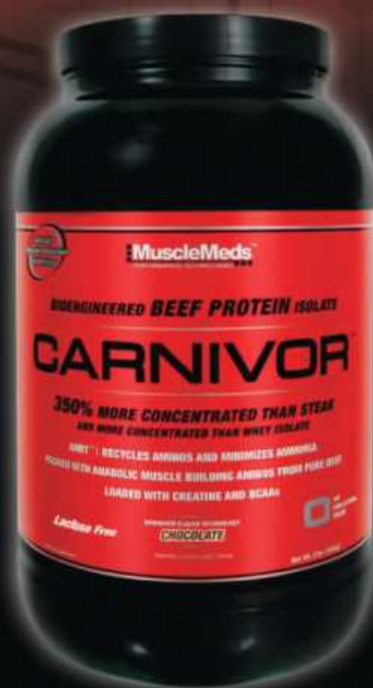
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*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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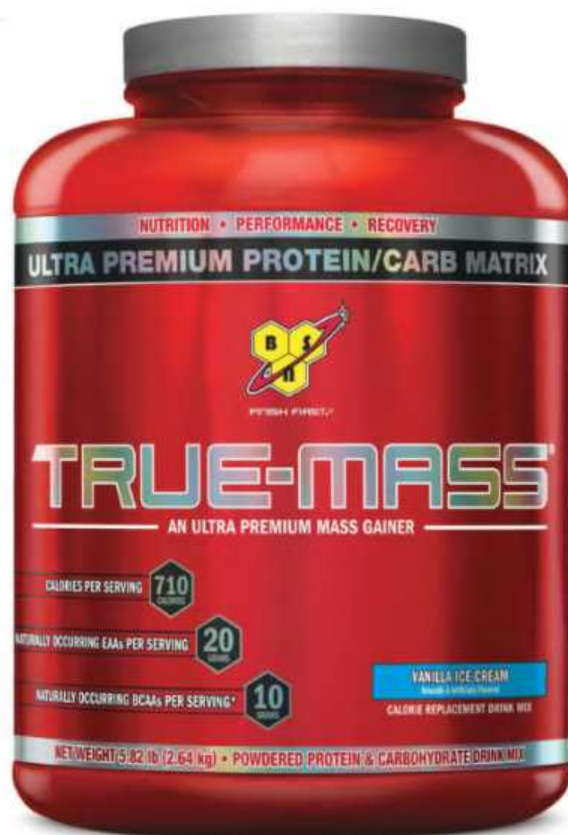
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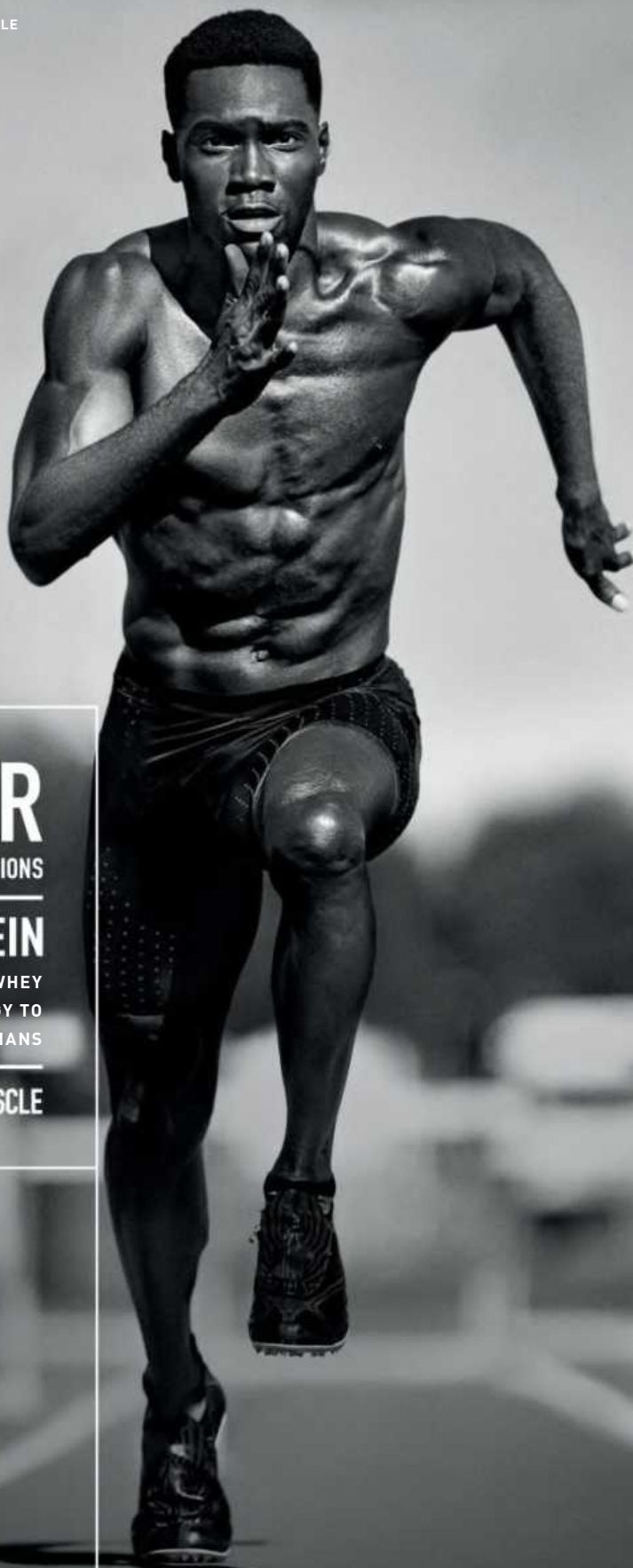
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P



FIVE IN A ROW!
Phil Heath stood tall at the 2015 Olympia to take home his fifth Sandow.

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FROM THE CHAIRMAN

THE BEST IS YET TO COME

ANOTHER OLYMPIA MEANS YET ANOTHER BIG WIN AND SANDOW FOR PHIL HEATH

■ If you attended this year's Olympia Weekend, or watched the live webcast on *FLEXonline.com*, you heard me challenging the naysayers, who proclaim repeatedly that bodybuilding is dead. Well, I'm here to say that I see nothing but a bright future for bodybuilding and especially for the magazine you hold in your hands. Here at FLEX we will continue to invest in the future by keeping our content and design on the cutting edge as we consistently expand online.

Of course, if you were part of Olympia Weekend you also saw the coronation of **Phil Heath as the undisputed king of bodybuilding for a fifth consecutive time—something that hasn't been done since the legendary Ronnie Coleman won his fifth Sandow back in 2002.** It was an impressive achievement to be sure, and a terrific showing as well, but somehow I don't think it's the last we've seen of this talented young bodybuilder. In fact, Heath has stated that he would like to break the record of eight wins, currently co-owned by Coleman and the great Lee Haney. Can he do it? At just 35, time is certainly on his side, as Olympia runner-up Dexter Jackson proved. At a few months shy of 46, Jackson pushed Heath right down to the wire, in an excitingly close finish to bodybuilding's biggest night.

Be sure to check out our exclusive, in-depth Olympia report starting on page 94 and then check out our comprehensive Olympia galleries at *FLEXonline.com/ifbb/ifbb-olympia-weekend-2015*.

And turning back to the future, rest assured that if you enjoyed this year's Olympia, just wait until you see what we have in store for next year!

David J. Pecker

DAVID J. PECKER
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and Chief Executive Officer
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From left to right: Dr. Rafael Santonja, Jim Manion, Phil Heath, and David J. Pecker

O WHAT A SHOW

A SPECIAL MESSAGE FROM IFBB PRO LEAGUE PRESIDENT JIM MANION

■ If you were fortunate enough to attend the 2015 Joe Weider's Olympia Fitness and Performance Weekend this past September, you know firsthand that it was a spectacular show. It was completely sold out with more than 55,000 people packing the Las Vegas Convention Center for the Olympia Expo and **more than 10,000 people filling the Orleans Arena for the main event, the Mr. Olympia finals. I've been to lots of Olympias**, and thanks to the efforts of my good friend David J. Pecker, chairman, president, and chief executive officer of American Media Inc., the 2015 O was the biggest one of them all.

I first met David in 2004 when AMI took over producing the Olympia. He and I have spoken at great length about the Olympia, bodybuilding, and fitness. I can tell you firsthand that his passion

for our sport would make Joe and Ben Weider proud. David's vision is to grow the Olympia every year, and if you take a look at the statistics, you'll see that he has delivered—and then some. Consider that the prize money **in 2004 was \$540,000. This year, it was \$1,215,000**, a new record. And onstage at the finals, David raised the first-place prize money for the Mr. Olympia winner from \$300,000 to \$400,000. Right on the spot! That was a very special moment because it showed just how much David appreciates the athletes who worked so hard to make it to this level of competition.

The Olympia is considered to be the Super Bowl of our sport, and you didn't have to look any further than the stage for proof. State-of-the-art production values featuring huge LED screens with

rock-concert lighting and effects made this an experience fans will never forget.

David has put together a great team of people who work around the clock to make everything run seamlessly. Together, the IFBB Pro League and the Olympia are unrivaled symbols of excellence in the bodybuilding and fitness industry worldwide. There are many exciting things happening next year, and the IFBB Pro League is proud to be working in partnership with AMI in producing Olympia Weekend. We look forward to an even more spectacular show in 2016!



JIM MANION
IFBB Professional League
and National Physique
Committee President,
IFBB Vice President for
North America

2015 OLYMPIA SUPERSTAR PHOTO SHOOTS

■ Go behind-the-scenes with FLEX's marathon weekend of photo shoots with the best of the best in the industry, including Phil Heath, Flex Lewis, Mamdouh "Big Remy" Elssbiay, Jeremy Buendia, Juliana Malacarne, Shawn Rhoden, Jose Raymond, and more. FLEXonline.com/2015olympiashoots



JOEL STUBBS' LEGENDARY BACK WORKOUTS

■ In our December 2005 issue, we asked readers if Joel Stubbs had the best back ever. A decade later, Stubbs' back continues to impress. Check out his hardcore workouts and training tips, only at

FLEXonline.com/joelstubbslegendaryback

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5 THINGS TO KNOW THIS MONTH

HIT LIST



COMPETE

■ Elite Olympic weightlifters and powerlifters will look to shatter records and earn bragging rights at the USA Weightlifting and USA Powerlifting American Open Championships in Reno, NV. **Watch at** usaweightlifting.org/live Dec. 4-6



PLAY

■ Every counter-terrorist "operator" has a unique set of skills, making teamwork a key to success in this popular first-person shooter. Tom Clancy's *Rainbow Six Siege* is available for PlayStation 4, Xbox One, and PC. **Dec. 1**



WATCH

■ Director J.J. Abrams takes over the franchise in *Star Wars Episode VII: The Force Awakens*. Set 30 years after *Return of the Jedi* (1983), the story features a host of original cast members—including Harrison Ford (Han Solo) and Mark Hamill (Luke Skywalker)—and won't rely on the type of CGI overkill that ruined Episodes I-III. (We're looking at you, George Lucas.)

Dec. 18



FIGHT

■ Jose Aldo looks to defend his UFC featherweight championship against interim titleholder Conor McGregor at UFC 194 in Las Vegas. The two were scheduled to fight last July, until an injury forced Aldo to withdraw. **ufc.com, Dec. 12**

GO

■ NPC Tournament of Champions in San Diego, CA. Get your fix of sculpted physiques at one of the last bodybuilding shows of the year! The event is a national qualifier and will feature bodybuilding, figure, bikini, and men's physique.

musclecontest.com, Dec. 5

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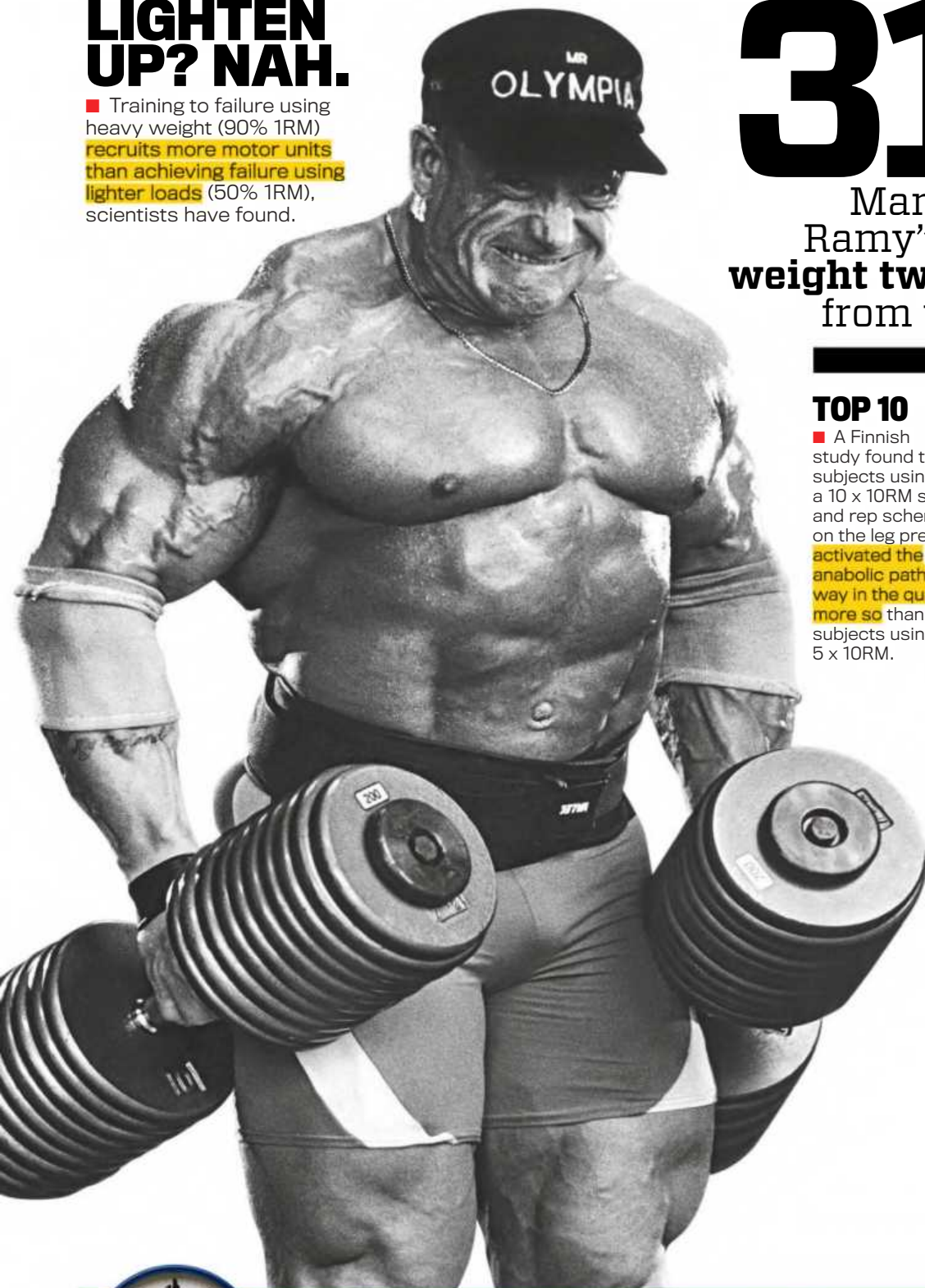
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LIGHTEN UP? NAH.

■ Training to failure using heavy weight (90% 1RM) recruits more motor units than achieving failure using lighter loads (50% 1RM), scientists have found.



316

Mamdouh “Big Ramy” Elssbiay’s weight two days out from the 2015 O.

TOP 10

■ A Finnish study found that subjects using a 10 x 10RM set and rep scheme on the leg press activated the anabolic pathway in the quads more so than subjects using a 5 x 10RM.

EMPTY OR FULL?

■ Training on an empty stomach doesn’t significantly impact body-fat loss long-term, according to research from Lehman College in the Bronx, NY.

“EACH WORKOUT IS LIKE A BRICK IN A BUILDING, AND EVERY TIME YOU... DO A HALF-ASS WORKOUT, YOU’RE NOT LAYING A BRICK DOWN. SOMEBODY ELSE IS.”

—DORIAN YATES



HOW 'BOUT A NOONER?

■ People who identify as early birds or night owls were found to be stronger in the morning and at night, respectively, according to researchers. People who consider themselves neutral or aren’t sure if they’re a bird or an owl are more likely stronger in the evening.

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grams of **pea or whey protein** given to subjects for 12 weeks translated to equal gains in size and strength.

PRE-WORKOUT BOOST

■ Growth hormone and insulin-like growth factor-1 were **both found to be significantly higher** during training when lifters took one gram of beta-hydroxy-beta-methylbutyrate (HMB) before training, according to the University of Central Florida.



HOT DAMN!

■ If a hot dog is one of your coveted cheats, you might not want to read this. The company Clear Food analyzed 375 hot dogs and sausages and found hygienic or substitution issues with 14% of the samples. Some frankfurters unlabeled ingredients such as lamb, chicken, or pork, while 2% of the test pool contained human DNA.

CASE FOR CASEIN

■ Forty grams of casein protein taken before bed resulted in a 22% increase in muscle protein synthesis over those who took a placebo.

FRUIT FORCE

■ Mice received extracts of fructus schisan-drae as well as a corticosteroid 20 times more catabolic than cortisone. The extract prevented muscle loss and showed signs of protecting muscle from damage.

THE CHEESE STANDS ALONE

■ Researchers from the University of Michigan examined more than 500 foods and concluded that **cheese is one of the most addictive foods**—and it's casein's fault. Casein, an ingredient in cheese, releases casomorphins (peptides) that impact dopamine receptors.



STAND BEHIND IT

A true craftsman stands behind his work. He takes pride in the effort and skill it takes to create something great. No different than you breaking balls every day in the gym. This blue collar attitude informs everything we do at Animal. What we make, we stand behind 100%. So when we dropped the new Animal Whey on the lifting public, we made sure it was something we could stake our reputation on. No protein-spiking or gimmicks. No empty promises or hype. Just pure muscle food that tastes great and digests easily, rich in whey protein isolate. The kind of high performance fuel you can count on to reach your goals. Since day one, that's how we built our business. Our word holds its weight in iron. And we stand behind it.



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Loaded with Whey Protein Isolate | Fortified with Digestive Enzymes | Mixes Easily | Tastes Amazing

A black and white photograph of a muscular man, Jerry Pritchett, lifting a large kettlebell with both hands above his head. He is wearing a dark t-shirt with a logo that says 'ALR INDUSTRIE' and a wristband on his left wrist. The background is a vibrant orange and red with black diagonal stripes radiating from the center. The text '274' is written in red on the kettlebell.

WHEN BIG...

JERRY PRITCHETT

6'4" / 364 LBS

PRO STRONGMAN
TEAM ALR

ISN'T BIG ENOUGH

You were born with ability, but it was your decision to be big. A long time ago you decided to lift the heaviest weights in the gym, until you had to move gyms. But we all know being big isn't always big enough. Our demands are to exceed human expectation, and that under no circumstance can anything be wasted – not effort, not training, not desire – and most certainly not the nutrients you put into your body.

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VEGAN-FRIENDLY & GLUTEN-FREE

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FOR HUMANS
ONLY!**

When is the last time you wasted anything? We can't remember either.

Only HUMAPRO® is formulated with the exact "human ratio" of pharmaceutical grade essential amino acids (EAAs) and co-factors resulting in 99% lean tissue utilization and less than 1% waste. Compare 99% lean tissue utilization to only 17% for common protein powders. Additionally, HUMAPRO® has almost 0 calories, inhibits muscle catabolism and assists in nutrient uptake for optimal recovery and results you will see in days.

Less fat & more muscle = superior power, performance and physique.

Protein Source

NNU = Lean Mass Anabolism

NC = Toxic Catabolic Waste

**1 Scoop of HumaPro® =
Whole Protein Equivalent
of 25g, with only 0.02
calories per serving.**

Based on human ratio
essential amino acids requirement

HumaPro® 99% 1%

COMPARE THIS TO THE OTHER PROTEIN SOURCES BELOW:

Meat, Fish, Poultry	32%	68%
Amino Acid Formulas	18%	82%
Soy Protein	17%	83%
Bovine Whey Protein	16%	84%
Bovine Casein Protein	16%	84%

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NEW CLINICALLY TESTED T-BOMB 3XTREME

IT'S LIKE TESTOSTERONE ON TESTOSTERONE!

**BODYBUILDING'S
PREMIER
TEST BOOSTER**

NOW 20% STRONGER!

Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme!**



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

**- Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory**

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen level!*

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks.

Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market! (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.* Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!*

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

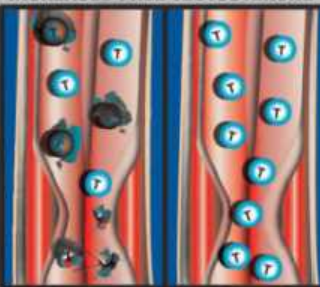


Figure A

Figure B

Figure A illustrates what happens to 98% of your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

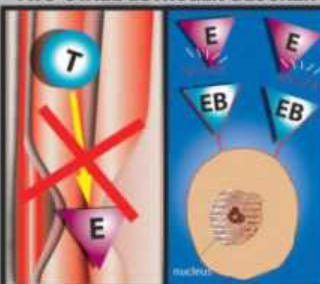


Figure A

Figure B

Figure A: T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B: T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

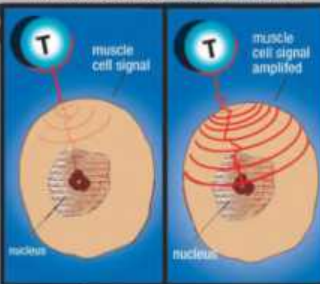


Figure A

Figure B

Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B: T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

THE LEGEND CONTINUES WITH T-BOMB 3XTREME!

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MAXIMUM HUMAN PERFORMANCE

2015 IFBB OLYMPIA WEEKEND COVERAGE!

■ It had all the ingredients to be memorable: controversy, suspense, blockbuster numbers, and history. The 51st edition of Ultimate Nutrition's 2015 Joe Weider's Olympia Fitness and Performance Weekend, presented by Amazon Sports Nutrition, was, to quote a famous 2016 presidential candidate, "Huge!" You already know the results, but there's so much more that happened, and FLEX delivers it all to your fingertips. Senior writer Greg Merritt's exclusive insider's view begins at the Athletes Meeting, carries over to the Press Conference, and culminates with expert analysis of the planet's best bodybuilders. Starting on page 94 you'll see who dominated, who stole the show, all the drama on and off the stage, and behind-the-scenes photos. Plus, there are all the weekend's big winners, tons of expo pics, and more.

1
Figure
Olympia
win for
Latorya
Watts

3
Bikini
Olympia
wins for
Ashley
Kaltwasser

Attendance at the
Olympia Finals

10,000+



FOR COMPLETE CONTEST COVERAGE, behind-the-scenes photos, and all the headline-grabbing moments from bodybuilding's greatest show on earth, flip it forward to page 94.

55,000⁺

**Attendance at the
Olympia Expo**

\$400,000

**1st place prize
money for
Mr. Olympia**

2

**Olympia
division
wins for
Jeremy
Buendia,
Juliana
Malacarne,
and
Oksana
Grishina**

4

**Olympia 212
Showdown wins
for Flex Lewis**

5

**Mr. Olympia
wins for
Phil Heath**

182

**Total
competitors**

Total prize money (record)

\$1,215,000

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PAGE

48

Swiss mass
monster Jean Pierre
Fux's old-school
back routine.

1ST SET

**ALL THE HOT
TOPICS IN
BODYBUILDING
& FITNESS**

Are bodybuilding
audiences more respect-
ful overseas?
PAGE 38

Flex Lewis
confirms: The 2016 Flex
Lewis Classic is a go!
Page 40

Rookie Cody
Montgomery's pro debut
will take place at the...
Page 42

Reality TV star Cami Li
puts her enormous
personality on display.
PAGE 44

Six common issues all
bodybuilders face—and
how to overcome them.
PAGE 46

HEATH FOR THE HOLIDAYS

A DOUBLE CELEBRATION, A GALAXY FAR, FAR, AWAY, AND FAN APPRECIATION

Q What's your most memorable fan moment from the 2015 Olympia?

A mom had me speak to one of her kids during the weekend. Later, I found out through social media that the interaction had a positive impact on his life. The son, who had seen me before at the Phil Heath Classic in Houston, was not in a good frame of mind, possibly suicidal. It's a reminder to me that I owe it to the fans to engage with them.

Q What's your favorite thing about the winter holidays?

My birthday, on Dec. 18. The timing is great, because family and friends are already around for the holidays, so I get to celebrate with everybody.

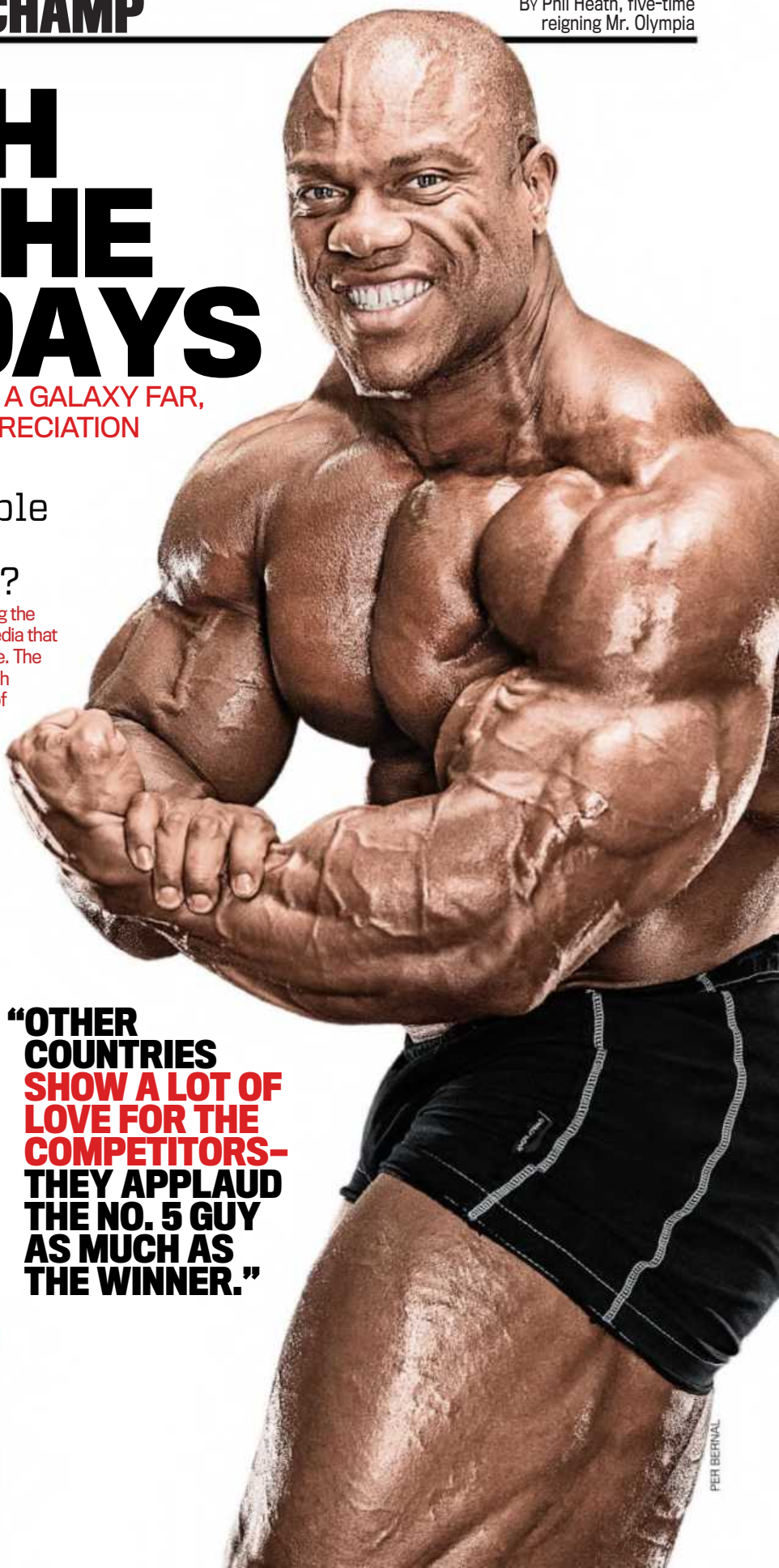
Q Star Wars: The Force Awakens opens on your birthday. Are you a fan? Oh, yeah, I'm going to see it. I've purposely stayed away from the message boards

because I want to be surprised by what I see. I'm looking forward to the familiar—Harrison Ford's back as Han Solo, of course—and to seeing what's new.

Q How do European bodybuilding audiences compare with the fans in the United States?

They are much more enthusiastic and appreciative of the commitment athletes have made to the sport. American fans have so many shows going on all the time, maybe it's not as special for them. Other countries show a lot of love for the competitors—they applaud the No. 5 guy as much as the winner. If their countryman is in the show, and he places out of the top five, they still go crazy displaying support for him, and everyone else, onstage.

“OTHER COUNTRIES SHOW A LOT OF LOVE FOR THE COMPETITORS—THEY APPLAUD THE NO. 5 GUY AS MUCH AS THE WINNER.”



PER BERNAL



ASK PHIL Got a question? Go to
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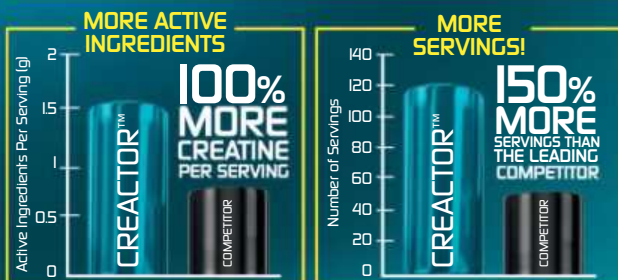
CLINICALLY STUDIED FREE-ACID CREATINE FORMULA

SUPERIOR SCIENCE. SUPERIOR RESULTS.

All-new Creactor™ from MuscleTech® is a powerful creatine formula that delivers a never-before-seen ratio of creatine molecules for massive gains in size and strength, and improved recovery. Unlike the other guys, Creactor™ delivers a 1:1 ratio of 100% ultra-pure, lab-tested creatine HCl, plus free-acid creatine – the purest form of creatine, free of acids and salts. Plus, there's zero bloating, and you don't need to load or cycle off. For advanced results, get Creactor™ today.

- Backed by 2 clinical studies
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CREACTOR™ IS SUPERIOR TO THE COMPETITION



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1:1 RATIO OF CREATINE

Features a potent combination of 750mg of free-acid creatine and 750mg of creatine HCl.

HIGHEST QUALITY

Contains zero fillers, carbs, sugar or fat.

20% MORE MUSCLE CREATINE

Research published in the *Journal of Applied Physiology* has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days.

120 SERVINGS

More than double the servings of the competition.



BODYBUILDING.COM



U.K.
VICTORY
TOUR

■ Lewis' end-of-the-year, post-Olympia agenda included his first U.K. tour, sponsored by the 212 champ's @xtreme_camps (and aptly titled First U.K. Tour), a journey that encompassed five days traveling the Land of Hope and Glory. He kicked off the tour unofficially with a meet-and-greet/autograph signing session on Sunday, Oct. 25, at Trojan Fitness Bristol in Bristol, U.K. At the start of the tour, Lewis wrote, "I cannot wait! We are covering as much of the country as we can in the short days we're there... This is gonna be epic!"

ASK FLEX
Got a question?
Go to FLEXonline.com
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THE YEAR
IN FLEX

THE FLEX LEWIS CLASSIC, A NEW
RECORD, AND A HOMECOMING PARTY

Q Will there be a 2016 Flex Lewis Classic?

Yes! And if all goes as planned, this June we'll be moving to the Opryland Hotel, in Nashville, TN. This year we had close to 200 competitors, with Victor Martinez, Ashley Kaltwasser, and Amanda Latona as guest posers. Amanda Slinker (women's physique), Abonee Parker (figure), Sergi Constance (men's physique), Steven Wain (bodybuilding), and Kelsey Bellich (bikini) took the top prizes.

Q Where do you get your T-shirts?

The same place everyone can—my online store at flexlewis.net! A lot of the T-shirts I wear, such as the Flextraordinary shirt or this summer's popular Aff4mation shirt, can be purchased there, along with loads of other gear.

12 Lewis' contest win streak, dating back to his first Olympia 212 Showdown triumph in 2012.

GOLD STANDARD HAS GONE PRE-WORKOUT

You train with determination. You're driven to perform better. Trust ON to energize your efforts with a pre-workout formula that represents the new Gold Standard. Each serving delivers 175 mg of caffeine from natural sources along with a stack of proven ingredients to support energy, focus and endurance*. The Gold Standard for post-workout recovery is now available in a pre-workout formulation.

NEW





BIG RAMY

Q You're always wearing a hat! Do you have a favorite?
My Nike hat.

Q What is your favorite app on your cell phone?
I'm always on Instagram [[@big_ramy](#)] and YouTube.

Q Favorite cheat meal?
Breads and pastries.



DANY GARCIA

Q What has bodybuilding done for your life?
Bodybuilding has been an anchor. Life lessons from bodybuilding translate to my work—sparkly bikinis, looking for your flaws, knowing you need to address those flaws and correct them.

Q Early inspirations?
As a 13-year-old, seeing Ms. Olympia on the cover of a magazine was such an inspiration.

JUAN MOREL



ASK THE ATHLETES
Have a question for our Weider Athletes? Ask it on the FLEX Facebook page for a chance to see it here.

Q Which bodybuilders do you admire?

From the past, Coleman, Levrone, Cormier, Wheeler, Dexter—from the past and the present for Dexter—and from the present, Shawn Rhoden, Phil, and Kai. And Cutler—I really admire Jay Cutler.

Q What do you like about living in Deer Park, NY?
I like that it's quiet and that I can come home, and people aren't hanging around on the street. It's a nice neighborhood—very peaceful and safe. Plus, it's only about 10 minutes from Bev Francis' gym, where I work out.

Q Favorite app?
I probably spend the most time on Instagram [[@juan dieselmor](#)]. I'm doing social media all the time, and I watch a lot of movies on my phone, too.

Q Favorite cheat meal?
Burgers, fries, and maybe a bowl of cereal.



STEVE KUCLO

Q Do you support a charity?

The Independence Fund, which is part of the Wounded Warrior Project. They provide support for injured veterans.

[You can make a donation here: woundedwarriorproject.org/donate.]

Q How do you combat anxiety before or during a contest?

Primarily by prayer. I'm strong in my faith—just leave it in God's hands. By that point, contest time, I've put in hard work, so it's time to show it off. I'm also focusing on myself and the changes I've made and the best way to present that on the stage.

CODY MONTGOMERY

Q What music is on your gym playlist?

I usually listen to rap and heavy metal. These two types of music hit the spot no matter what type of mood I'm feeling walking in the gym. The playlist I've been tuning to in the past few weeks includes Kevin Gates, Meek Mill, Future, Korn, Killswitch Engage, and other stuff on shuffle.

Q When do you plan on competing in your first pro show?

I have a couple of shows in mind, but I will have to see how the cards play out over the coming months before anything is set in stone.



PRIME NUTRISOURCE

Congratulations
Matt & Catherine for being
selected as our cover models
for the September issue of
Prime Nutrisource.

We would like to
thank everyone who
came to meet with us
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THE REAL CAMI LI

THE REALITY TV STAR AND MODEL STANDS JUST 5'4" BUT HAS A GIANT PERSONALITY

Q Why don't you compete in bikini competitions?

It's crossed my mind. I wish I had the discipline...but I love red wine too much. I blame the wine for my not having a six-pack.

Q Did you change your approach to training once you were cast on *Celebrity Big Brother 15*?

I found the energy to train. Knowing millions of people are going to watch the show and understanding that the camera makes you look bigger, whatever you gotta do to train—whether it's drink a Red Bull or pray to someone—you gotta do it.

Q Why do you want to be famous?

I don't care about being famous as much as I care about giving my opinions and telling people how I feel.

Q Is Cami Li a character you play on TV, or are you really that combative and fiery?

On TV, Cami Li says what's on her mind and will put you in your place if you look at her wrong. And I am that person, but at home I'm Camila. I love being with my family, and I get along with people—but if you cross me, may God be with you.

"I WANT TO GIVE CONFIDENCE TO PEOPLE WHO ARE DIFFERENT AND DON'T FIT THE COOKIE-CUTTER MOLD."

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1ST SET

THE BLOND BOMBER

NO EXCUSES

BODYBUILDING LEGEND DAVE DRAPER REVEALS SIX UNIVERSAL ANNOYANCES LIFTERS FACE—AND HOW TO OVERCOME THEM

■ Having spent considerable time in the gym in the pursuit of physical development, I've devised a random yet comprehensive list of problems I suspect might represent us all. Though I often use "you" to make a point, don't take it personally. Or, maybe, do.

1 Purpose, the lack thereof You're lazy and unmotivated, without spirit or enthusiasm, and feel no excitement or desire. In the '60s we said you were a bum on a bad trip. **Today I say you are without purpose.** If your purpose were strong and well-defined, none of

the aforementioned negatives would materialize.

2 Discipline, the callous taskmaster

He insists, persists, and perseveres; he's disciplined. She refuses to give up, makes no excuses, and endures the pain;

By Dave Draper

"A PERSONAL TRAINER WITH MUSCLES, EXPERIENCE, HUMILITY, COMPASSION, AND CONVICTION, AND WHO SPEAKS KINDLY AND WISELY CAN BE WORTH HIS OR HER WEIGHT FOR THREE ONE-HOUR TRAINING SESSIONS AND AN OCCASIONAL FOLLOW-UP CONSULTATION."

Somewhere under "urgent appointments" write: Work out at the gym for the purpose of good health and muscle and long life; **engage discipline and perseverance to perform the heroic physical act.** Good! Done! Do not dillydally!

4 Gym facility, inadequate and inconvenient

Give me a clean gym with meaty equipment, sufficient space, enough people, no jerks, **some jolt-free sounds, and plenty of air.** Around the corner with a personal parking space out front would be nice, but I'll go cross-town or walk if I have to. Anything worthwhile is worth working for.

5 Training knowledge and methodology

How do you design the workout scheme suited for your metabolism and genetic makeup and evolving lifestyle? You read the mags, reference the books, ask online, and guess a little. Beware! **That might be mythology, not methodology.** Think less; it thwarts focus. Work hard, apply common sense, but don't take night courses in building muscles and power, biochemistry, or nutrition. Eat a lot of protein and get plenty of sleep instead.

6 Eating right or menu, diet, and nutrition

You know what to do—you just don't want to do it. High protein, medium low-glycemic carbs, and medium essential fatty acids. No bad, greasy fat. Lots of fruits, vegetables, and water. Smaller meals throughout the day. Be consistent.

she's disciplined. **Love your discipline like a brother or sister, father or mother, spouse or best friend.** Without discipline you're out of control.

3 Time, the imaginary gatekeeper

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JEAN PIERRE FUX

NEARLY 20 YEARS AGO, A MASS MONSTER FROM SWITZERLAND STARTLED THE BODYBUILDING WORLD

■ Here be monsters. From distant lands they come, and when they appear on bodybuilding stages they stun and awe fans and judges. Nearly 20 years ago, the mysterious mass monster was Jean Pierre Fux (pronounced FOOKS), Switzerland's greatest muscleman. The pro bodybuilding ranks were overloaded with legends when 27-year-old Fux debuted in 1996, but it was impossible to miss the 5'11", 270-pound phenom. Over nine pro contests that year, he climbed through the ranks to place eighth in his Olympia debut and second in a show after that.

Fux was celebrated for his overall size, especially his back and shoulder width. He may have been the only man in the mid-'90s who could've hung with Dorian Yates in a rear-lat spread, but cloudy conditioning and a bloated middle kept him from such a comparison. He was seventh in the 1997 Olympia and fourth in the 1998 Arnold Classic, but in 1999, when still just 30, he was no longer a factor in contests. Quad tears suffered in 2002 hastened his retirement. He impacted pro shows for only three years, but Fux provided further reason to believe in monsters.

"I'm a high-intensity trainer. Every working set is to failure. When I say I do 10 to 12 reps, I mean I can't do a 13th."

"WITH PULLEY ROWS, PULL INTO YOUR BELLY BUTTON. DON'T PULL UP. PULL YOUR ELBOWS BACK AS FAR AS POSSIBLE."

"My workout progresses toward the more demanding basic exercises. This builds intensity and keeps me engaged till the last rep."

618

pounds **squatted at age 20** in a raw powerlifting contest. He also bench-pressed 452.



PLEASE
RE-RACK
WEIGHTS!

THIS IS RESTORE

FUX'S BACK ROUTINE

EXERCISE	WARMUPS	SETS	REPS
Wide-grip Pulldown	2	2	10-12
Low-pulley Row	1	2	10-12
One-arm Dumbbell Row	1	1	10-12
Barbell Row		1	10-12
Deadlift		1	4-6

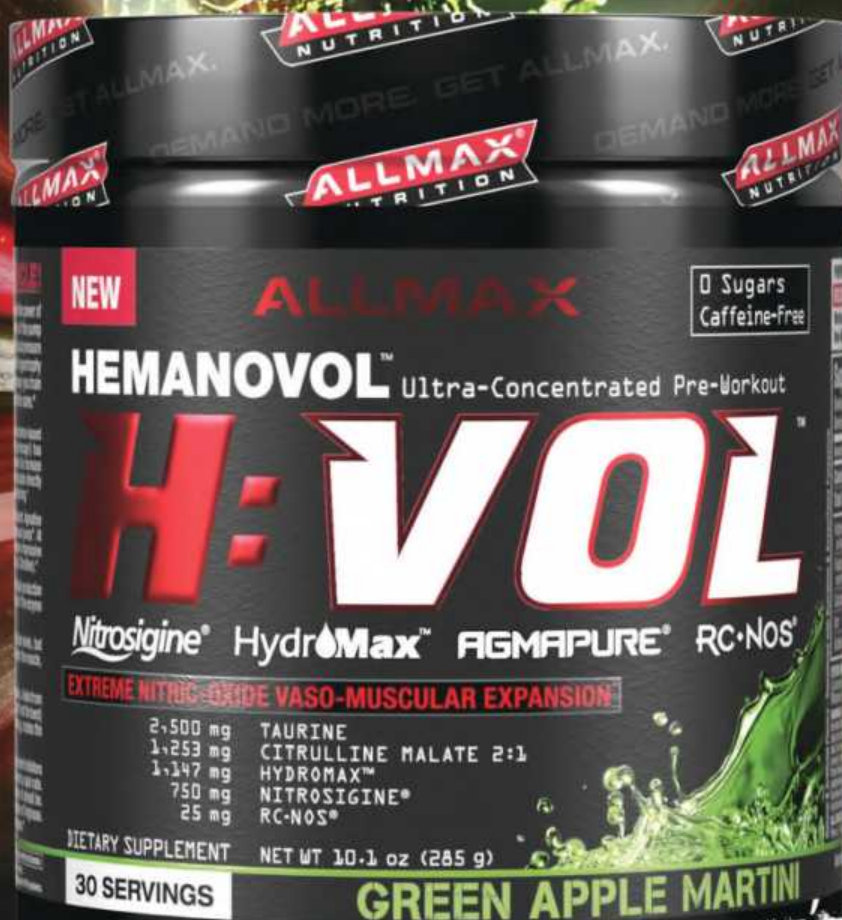


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PAGE

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Bad news for bodybuilders who choose unilateral training over bilateral training.



LIFT

TRAINING TIPS TO POWER UP YOUR WORKOUTS

When to use power and strength training to support your workout goals.

PAGE 56

Brian Shaw's tips for mental preparation will help you get into the zone.

PAGE 58

The changes that led Phil Heath and Jeremy Buendia to victory at the 2015 O.

PAGE 70

Target the outer pecs to build a wider chest.

PAGE 72



KEEP IT TOGETHER

WHY YOU SHOULD COMBINE STRENGTH AND POWER TRAINING

HYPOTHESIS

■ A study done at the University of Athens **explored the effects of doing strength and power training on alternate days** (compound) to combining them in a single workout (complex).

RESEARCH

■ Eighteen young men completed compound workouts or complex workouts three times per week for six weeks.

FINDINGS

■ Power performance increased only with compound training. Strength increased after both compound and complex training. Muscle fiber cross-sectional areas increased significantly only after complex training, suggesting greater muscle hypertrophy.

CONCLUSION

■ If power is a priority, use compound training. If strength (and size) is the primary goal, use complex training.

APPLICATION

■ To improve power, do heavy bench presses on Monday and plyometric pushups on Thursday, for example. For strength and size, begin with benches and follow that with plyometric pushups.

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A full-page photograph of Brian Shaw, a three-time World's Strongest Man, performing a squat. He is wearing a blue t-shirt with 'MHP' and 'MAXIMUM PERFORMANCE' on it, and black shorts. He is holding a barbell with large weight plates. The gym background includes an American flag and various pieces of equipment.**LIFT**

ONLY THE STRONG

By Brian Shaw, three-time
World's Strongest Man

**GET IN
THE ZONE
BEFORE
YOU GET
UNDER
THE BAR.**

GET MENTAL

PREPARE PROPERLY TO GET THE MOST OUT OF YOUR GYM TIME

■ To fully prepare myself to be in the zone each lifting session, I spend time every morning thinking about what I'm going to be doing in the gym that evening when I train. This involves cataloging each set and rep, planning weight loads, thinking about rest periods, and so forth.


Another aspect of being prepared for a workout has to do with setting goals. Come up with one or two things you want to achieve on a weekly basis or even

set small goals for each workout. Along with the short-term goals, **you need to set a couple of longer-term goals, for, say, three to six months or more.**

Be sure to track your progress. There are several fitness apps you can use, but I tend to rely on my iPad to take notes or else the old-school method of using a pen and pad. However, if you're going to use an app, don't allow your phone to become a distraction.

The last piece to the puzzle is

supplementation. It's important to supply your body with the right nutrients to help fuel your workouts. My pre-workout of choice is MHP's Fit Trainer. I also take BCAAs during my workout, as this is very important for muscular energy. MHP's BCAA 10X tastes amazing and works great.

 **Brian Shaw** is a three-time World's Strongest Man champion and member of Team MHP. For more information on Brian or his favorite MHP supplements, visit mhpstrong.com

JASON BREEZE/COURTESY OF MHP

FORMULA 19

The origin of this product dates all the way back to the 90's. At a very young age, I was mentored by a brilliant man, and I don't use the word brilliant loosely. This mentor happened to be a bodybuilder who was also pioneering a customized degree program from UConn based around Exercise Science and Chemistry. This gentleman was the first to preach the importance of the Anabolic Window to me. It is at times argued, but universally understood, that within 60 minutes post-workout, your body becomes a nutritional black hole, ready to suck up everything like a sponge. While training hard, you burn up all of your glycogen and stored nutrients, and afterwards your blood sugar is low, leaving your body starving for nutrient-rich recovery.

I have dedicated my body to science for years, collecting data, and trying every possible post-workout concoction under the sun. I have tried all sorts of carb sources, from grape juice, to sports drinks, to pure dextrose, and more recently, highly-branched cyclic dextrin. I have tried every single amino acid product known to man in every single dose possible. After 19 years of trial and error, I came up with a formula that kept my pumps for hours and accelerated my recovery, as well as dramatically reducing soreness. This concoction consisted of 5 key elements that I was buying separately and mixing together. I began passing my findings on to hundreds of clients who were either speechless, or overjoyed at what was happening to their bodies. I had what I called "The Ultimate Post-Workout Concoction" and I was always excited to share it. I had this figured out when I first started Blackstone Labs, but it wasn't until 3 years later where a fan, who had received advice from me on periscope, reached out to me via email to tell me "Thank you so much, this concoction has been amazing! When will Blackstone Labs be putting this out?"

EUREKA! How could I not make this available? In an industry where selling products with crazy one-word, action-packed names is the norm, I decided to just name the product after the amount of time it took me to discover it. It literally took me 19 years to find this perfect recipe for success and the name really means something to me. So to keep it simple, I give you: Formula 19.



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A FORCE OF ONE?

ARE YOU REALLY STRONGER USING ONE ARM OR LEG AT A TIME?

OPENING ARGUMENTS

Defense

Bilateral training (that is, lifting with both arms or legs simultaneously) is superior because it allows you to generate greater absolute force.

Prosecution

The amount of combined weight you can lift using one arm (or leg) at a time is greater than the weight you can lift using both arms together.

EVIDENCE

■ A study showed that untrained subjects generated more force contracting one side at a time compared with contracting both sides simultaneously (bilateral force deficit). So the weight you can lift with your right and left sides independently adds up to more than what you can lift with both arms together.

■ It was later discovered that training history has a significant influence on the degree of bilateral force deficit. In fact, it was found that in experienced weightlifters this deficit was not only reduced, it was also reversed. "Bilateral force facilitation" was observed in experienced weightlifters, whereby they were able to lift more weight using both limbs simultaneously.

VERDICT

BILATERAL TRAINING

Bilateral training allows greater force development in the muscle and thus a greater training stimulus.

SENTENCING

■ For maximum muscle force development use bilateral training. When maximum force is not a priority, unilateral exercises can work well to correct asymmetry.



JASON BREEZE

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TO THE MAX

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■ Get stronger and get bigger. That's the foundation of most bodybuilding systems. The arguments are fought over questions like: how heavy, how many, how long, how intense, which exercises? For Max-OT the answers are: maximum, four to six, 30-40, failure, basic. Get in the gym, stimulate growth with a heavy and brief assault, and a half-hour or so later you're out the door. Max-OT has carved out its own unique niche somewhere between power bodybuilding and high intensity. It's a philosophy of lower reps, lower volume, and short workouts. You don't hear as much about it as you did a decade ago, but it remains a valuable philosophy. In fact, Max-OT may just be the right system for you to maximize gains.

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LIFT TRAINING STYLES



Mark Dugdale trained in a lower-rep HIT style similar to Max-OT.

HEAVY AND BRIEF

Maximum Overload Training, better known as Max-OT, was developed by Paul Delia, and it rose to prominence when its two greatest proponents, Skip LaCour and Jeff Willet, won the NPC/IFBB Team Universe in 2002 (LaCour) and 2003 (Willet). The two words most associated with Max-OT are heavy and brief. Working sets for everything but abs consist of only four to six reps. **This boosts intensity, as it's easier to focus on every rep when you do fewer of them.** Select a weight with which you'll hit failure at no more than six reps, and choose mostly exercises that allow you to hoist the heaviest weights. For example, barbell curls are better than concentration curls, because you can move more metal and thus better overload the biceps.

So all sets are heavy. The other key component of Max-OT is its brevity. Do no more than three sets per exercise, only six to nine sets per body part, and ideally train only one body part per workout and no more than two. **This creates workouts that last only 30-40 minutes. Intense training stimulates growth-promoting hormones,** but these decrease after about 40 minutes. Brief workouts stay within your "anabolic window." Furthermore, you have limited stores of strength and inten-

sity, and by keeping your training time short, you're able to bring your best to each set.

HEAVY METAL MANIA

Max-OT is a complete program. Unlike some training styles, you can't just select what you like and disregard the rest. You're certainly welcome to do a few sets of four to six reps within a standard bodybuilding program but don't call those your Max-OT sets. For Max-OT to be effective, **every set needs to be heavy** and every workout needs to

MAX-OT CHEST ROUTINE

EXERCISE	SETS	REPS
Barbell Bench Press	3	4-6
Incline Dumbbell Press	3	4-6
Flat Dumbbell Flye	2	4-6
Pec-deck Flye	1	4-6



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MAX-OT BASICS

- Perform 4-6 reps per set and 6-9 sets per body part.
- Push every set to failure but not beyond.
- Rest 2-3 minutes between sets.
- Workouts should last no more than 40 minutes, and 30 minutes is optimal.

MAX-OT TIP SHEET

- Focus mostly on compound and basic exercises, the kind that allow you to use the heaviest weights.
- Body parts should be worked once every 5-7 days.
- Take 1 week off from training every 8-10 weeks.
- Warm up with fast, light, high-rep sets.

more reps with the same weight. Instead, you need to use more weight for the same reps. This is another reason compound, basic lifts are preferable to isolation exercises. **It's easier to make 5- to 10-pound strength jumps on the bench press than the pec-deck flye,** simply because you'll use much more weight on the former. (Our sample chest routine includes both exercises, but it emphasizes the former more.) Variety also aids strength gains. You tend to plateau doing the same exercises in the same order over and over again, so switch your exercises at least once every four weeks.

Studies have shown that eight to 12 reps per set is the sweet spot for maximum growth. But that doesn't mean there aren't other ways to grow, and it doesn't mean that some different method isn't ideal for your body. In our July/August issue, we discussed 100-rep sets. They work. So do sets of only four to six reps. A favorite bodybuilding maxim is: Everything works, but nothing works forever. Your body can grow accustomed to any style of training, whether your sets consist of five, 10, or 100 reps. The good news is when gains stagnate, you can switch to a completely different system. Try Max-OT for two months. You may discover it's not for you long term, or you may find that heavy and brief are your keys to stronger and bigger.

be brief. Another thing to note about Max-OT is that it shares similarities with high-intensity training, but it's not technically HIT. Max-OT features a little more volume than most HIT workouts, and, though all sets are pushed to failure, they're not pushed beyond failure. At most, do one forced rep to eke out that last rep. The sort of modified HIT training Mark Dugdale did for years

came close to Max-OT. He did a similar quantity of sets, but with slightly higher reps (six to eight most sets), and he frequently journeeyed beyond failure.

For Max-OT to be effective **you can't just use the same heavy weights over and over again.** You need to hoist heavier and heavier weights. Because your rep range is limited to six, you won't be getting

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MUSCLE & STRENGTH





WINNING WAYS

HOW PHIL HEATH AND JEREMY BUENDIA
IMPROVED THEIR PHYSIQUES TO TAKE HOME
THE CROWN JEWELS IN 2015

TURN UP THE HEATH

BIG WHEELS

Normally, in the two weeks leading up to a show Phil would use two to three plates on each side when he did hack squats. This time, until he was one week out, he used four to five plates on each side. **The result was a more dramatic quadriceps sweep on his quarter-turns.**

NEW CURRICULUM

Certain exercises were tweaked to make them more effective. For example, on lying leg curls he pointed his toes down (we call it "like a ballerina"), because this works the lower hamstring, close to the back of the knee. His hamstrings were more arched from his glutes to the back of the knee.

STRONG FINISH

Phil went heavier than usual with the FST-7 sets. In the past, he would begin to lose strength about two weeks out. This time, he was doing incline hammer strength presses with four to five plates on each side four days before the show.



JEREMY GROWS

■ Jeremy went from 170 pounds at the 2014 Olympia to 175 pounds in 2015, all while coming in more conditioned.

FST SUPER 7

We incorporated FST Super 7 super-sets done with 45 seconds' rest, which increased intensity fourfold. FST Super 7 is a variation of my standard FST (fascia stretch training), a protocol that calls for the use of medium or heavy weight for seven intense sets and 30 to 45 seconds' rest between sets.

BOULDER SHOULDERS

We wanted to build up Jeremy's shoulder-to-waist ratio. To do that we went heavier with all pressing movements.

STRICT WITH SUPPS

In the past, Jeremy was lax about supps. This year he took BCAAs and glutamine prior to and intra-workout, and he drank a whey protein isolate and carb powder shake post-workout.

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OUTER PECS

BROADEN YOUR CHEST WITH THIS ROUTINE

■ The chest is not one of those body parts that your average body-building enthusiast tends to neglect. Nevertheless, there are misconceptions about how best to train it. **The outer pecs are an important aspect of a well-developed chest.** The key to stressing the outer pec is the angle of attack. The outer pec brings the arms from up and back, to forward and down. The most efficient exercise for hitting the outer pecs is to do dips with elbows out.

WHEN TO GO OUT

Dips are a big compound movement and **should be done early in the workout.** Think of them as squats for the upper body.

ALTERNATIVE EXERCISES

Decline bench, cable flye, decline press

FORM AND FUNCTION

■ The pectoralis muscle group consists of the pectoralis major, including the clavicular and sternal portions, and the pectoralis minor. The origin of the pec major is along the lower ribs, the sternum, and at the clavical. The insertion is at the humerus. The origin of the pec minor is at the third, fourth, and fifth ribs and the insertion is at the upper part of the scapula. The pectoralis performs shoulder adduction, with the outer pecs adducting the arms low and in front of the body.

THE PEC-TACULAR WORKOUT

EXERCISE	SETS	REPS
Dip (leaning forward, elbows out from the sides)	5	10-15
Incline press	3	10-15
Cable flye (finish with hands below chest level)	3	15-20

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What to eat
late at night.

FOOD & SUPPS

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

A step-by-step guide to making a protein-heavy pepper steak with rice dish.
Page 76

The reason every bodybuilder should start the day with a high-protein breakfast.
Page 78

Get the lowdown on magnesium, a micronutrient with a plethora of benefits.
Page 84

A no-junk protein bar with 21 grams of protein? Yep, we're onboard with that.
PAGE 86

PEPPER STEAK WITH RICE

SERVES 2

INGREDIENTS

1 **tbsp** olive oil

8 **oz** lean beef (fillet or sirloin), cut into 1-inch-thick strips

1 **cup** green peppers, sliced

1 **cup** red peppers, sliced

1 **cup** yellow peppers, sliced

½ small white onion, sliced

1 pinch oregano

Sea salt and black pepper, to taste

1 **cup** white rice, cooked

DIRECTIONS

■ Heat oil in a sauté pan over medium heat. Add beef and cook until it's about halfway done, stirring often. Add peppers, onion, and seasonings. Cook until vegetables have softened. Serve over white rice.

Protein
74g

Calories
1,049

Carbs
71g

Fat
48g

ABOUT THE CHEF

■ A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine. elitelifestylecuisine.com



BRIAN KLUTCH



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THE RIGHT START

HIGH-PROTEIN BREAKFASTS HELP
REDUCE OBESITY



**STARTING
THE DAY WITH A
HIGH-PROTEIN
BREAKFAST CAN
HELP YOU REDUCE
BODY FAT.**

■ The conclusions of this important study published in the *International Journal of Obesity* (July 2015) will not shock any bodybuilders: Overweight teenagers who consume a high-protein breakfast were better able to reduce body fat than those who skipped breakfast or consumed a lower protein breakfast. Of course, the takeaway message for bodybuilders is twofold:

1 Eat a meal shortly after rising.

2 Make sure it's high in protein.

These are basic tenets of any bodybuilding plan, but now science is beginning to understand the benefits of the nutrition plans that bodybuilders have been following for years. As it turns out, these principles are healthy for average people and for many at-risk populations, too.

Here's more about the study: Subjects consisting of overweight teenagers were divided into three groups: Group 1 continued to skip breakfast; Group 2 ate a typical breakfast, moderate in protein (13 grams); Group 3 consumed a breakfast high in protein (35 grams). All followed this protocol for 12 weeks. All groups were closely monitored, including having glucose levels assessed throughout the day. The conclusions showed that **those who consumed a high-protein breakfast reduced their peak glucose response** (and thus release of insulin), as well as the length of the peak period as compared with those consuming a breakfast with lower levels of protein.

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TAKE A DIP

WITH THIS NUTRITIOUS AND TASTY CONDIMENT

■ Hummus is a healthy way to add flavor to crudité, a fancy synonym for a vegetable platter. Making hummus at home takes a few minutes: Toss chickpeas (aka garbanzo beans), an oil of choice, and spices into a food processor and blend until it's smooth. That's it.

If you go with premade hummus—and let's face it, you probably will—check the label to ensure the ingredients meet your dietary needs or guidelines.

Four ounces of a typical premade hummus breaks down as follows: 218 calories, 6 grams protein, 25 grams carbs (with 5 grams fiber and almost no sugar), and 11 grams fat. This makes hummus a slow-digesting carb source that won't spike insulin much.

2.5g

carbs (with 5 grams fiber and almost no sugar). This makes hummus a slow-digesting carb source that won't spike insulin much.

DIET 911

LATE-NIGHT FEAST

■ The unwritten rule for bodybuilders is that you shouldn't consume carbs after dinner. But when you're not prepping for a competition, there's no reason to follow that strictly so long as you're consuming low-impact carbs, which are, essentially, carbohydrates that discourage the release of insulin.

Also, consider foods high in fiber and fats, and rich in amino acids. The combo of slow-digesting foods and protein will help you stave off catabolism. Here are two suggestions for your late-night menu:

Guacamole Steak Taco:

Use a small soft-shell corn taco (low in carbs and high in fiber) and load it up with steak, salsa, and guacamole.

Deli Roll:

Layer meat and cheese, then roll. Use fattier meats to boost dietary fats for a slower release of amino acids.

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* Additional scientific research and selected references available at snac.com

FOOD & SUPPS MYTH BUSTERS

DON'T FEAR THE FRUIT

**FRUIT ISN'T THE VILLAIN
YOU THOUGHT IT WAS**

■ Bodybuilders have learned that fructose is not well metabolized by their bodies, and has to be processed by the liver. This leads to greater insulin release and body-fat storage. Over time excess consumption of fructose is strongly linked to obesity, type-2 diabetes, heart disease, and cancer.

Because fruit is the source of fructose, many bodybuilders cut their consumption of fruit, particularly later in the day. However, a single serving of fruit doesn't contain much fructose. For instance, one whole orange contains 14 grams of carbs with 3 grams of fiber, while 8 ounces of orange juice contains 25 grams of carbs with almost no fiber.

Fruit is a great food for bodybuilders because the fiber content helps reduce fructose's impact on insulin release. In fact, you can even consume whole fruit before bed with a slow-digesting protein source such as casein or whole-food sources.



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of trained power lifters, the tendency was for this type of more strenuous exercise to affect sleep adversely. In addition, long duration daytime exercise of moderate intensity has been shown to decrease GH and testosterone production during nighttime sleep. So, it is extremely important for athletes to get a deep and restful sleep because this is when healing, tissue repair, anabolic hormone production and muscle growth are maximized.

ZMA Buyers Beware: As a result of ZMA's world-wide success, there are now cheap imitation "Zinc Magnesium Aspartate" products available on the market. These knock-off ZMA products contain inferior ingredients and also often contain much lower dosages of zinc and/or magnesium. Please be aware that these imitation products are NOT the same as ZMA and may not produce the same results obtained in the ZMA study.

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* Selected references (1-11) are available at snac.com

MAGNESIUM FORCE

A POWER-PACKED MINERAL FOR
YOUR BODYBUILDING NEEDS

■ This crucial mineral is found in many foods, yet few are plentiful in it. So it shouldn't be a surprise that many bodybuilders are deficient in this important micronutrient. Bodybuilders need significantly more magnesium than the average person because they lose it so readily while sweating during intense workouts and, of course, they also just need more based on their larger body weight.

Magnesium supports performance and heart health, and research shows that it can also increase muscular strength. In addition, it may help lower cortisol and boost testosterone. A bodybuilder should take in a supplemental dose of 450 milligrams every day, and you can take it in a multi, as a stand-alone, or with a compound product such as ZMA. The best way to supplement magnesium is on an empty stomach before bed, and particularly in the absence of calcium, which your body preferentially absorbs.

■ To boost magnesium through diet include the following foods:

BUCKWHEAT FLOUR

1 cup, 301 milligrams Nutrient Dose

OAT BRAN

1 cup, 230 milligrams Nutrient Dose

HALIBUT

½ fillet, 170 milligrams Nutrient Dose

CANNED SPINACH

1 cup, 163 milligrams Nutrient Dose

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235mg
Nutrient Dose,
1 cup

*With chocolate
chips, salted nuts,
and seeds

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Take it from a guy who had little to no business knowledge, working with a few people in a park, to opening and managing my own training facility and staff at Jeremy Scott Fitness in North Scottsdale, Arizona.

The biggest bonus of working with ISSA is the network of other like-minded, trusted, hard working fitness professionals you meet and are associated within the ISSA family. The relationships I have built with other fitness pros over the years are priceless."

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MISSION ACCOMPLISHED

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WITHOUT THE JUNK

■ No matter how well you plan, sometimes you have to grab something on the go. Protein bars are good in theory, but if you take a close look at the label, you'll realize most aren't much better than a candy bar. Many use low-quality protein sources, artificial sweeteners, simple carbs, and unnecessary fats. December's Supp of the Month earned that title by avoiding all the aforementioned pitfalls.

WHAT TO LOOK FOR IN PROTEIN BARS

QUALITY PROTEIN

Most protein bars contain protein from cheap sources like collagen or gelatin, the majority of which your body can't process. The Mission1 bar contains 100% whey and milk isolate, like top powder blends.

CARB CONTROL

Mission1 bars contain 17 to 20 grams of fiber with only one gram of sugar. On top of that, they have zero sugar alcohols, which often cause bodybuilders to experience discomfort through bloating and digestive problems.

REAL INGREDIENTS

With Mission1 bars, you're getting no artificial ingredients. To sweeten the bars, MuscleTech uses only stevia, a natural, plant-derived sweetener. They also contain no fillers, so every ingredient carries a benefit.



MUSCLETECH MISSION1 BARS

■ MuscleTech's Mission1 protein bars provide 21 grams of clean, quality protein plus complex carbohydrates you need to fuel your day. The bars are available in three flavors—Chocolate Brownie, Cookies & Cream, and Chocolate Chip Cookie Dough—all which feature 100% protein isolate, zero artificial flavors or colors, no sugar alcohols, and 17 to 20 grams of fiber with only one gram of sugar.



Eric Nelson Photography



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BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL

TAKE THE FIFTH

PHIL HEATH WINS SANDOW
NO. 5 AT THE 2015 MR. OLYMPIA

"DID THAT GUY WIN AGAIN?" HE ASKED. "YEAH," I ANSWERED. "FOR THE FIFTH TIME."

■ The man nodded and walked away with a ladder. He had work to do, breaking down the stage an hour after Phil Heath secured his fifth Sandow. When even the Las Vegas stagehands backstage recognize you as a multiple Mr. Olympia, you know you've settled in to a long reign atop the bodybuilding world. Ultimate Nutrition presents the 51st Mr. Olympia brought to you by Amazon Sports Nutrition, and what a compelling contest it was, because of who wasn't there, who was still there, for what could've been, for what changed, and, ultimately, for the most important thing of all—the thing that has stayed the same for so long that even those who don't know Phil Heath's name know he's the king.



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**PHIL HEATH
WITH HIS FIFTH,
AND NEWLY
MODERNIZED,
SANDOW.**



PRELIMINARIES

Let's first address who wasn't there. That would be Kai Greene, the runner-up the previous three years, the heir apparent who twice signed "Mr. Olympia" after his name on the contest's promotional posters, the top contender whose rivalry with Heath had heated until it almost erupted onstage last year. Presumably, Greene would've been in the Olympia top two again this year—if only he had entered. Though he received the contract in April, he never returned it. As September approached, he had to be removed from ads, posters, and programs.

Still, promoter Robin Chang was optimistic bodybuilding's No. 2 would enter. "As a businessman, of course, I wanted Kai here. The decision was solely his, as it is for any and all athletes," Chang said. Heath put it succinctly, "In my eyes, he just didn't want to compete."

At the press conference, 31 hours before judging began, many competitors dodged questions regarding Greene's absence. Not Dexter Jackson. "I'm glad Kai is out," the Blade said with a laugh. "I'll take that money." An equally prophetic answer came to this

**WHEREVER HE STOOD,
HEATH WAS WINNING
POSES, ESPECIALLY
THE TWO REAR SHOTS.**

query, directed at Heath: Who would win the Olympia if you weren't here? "Dexter," Heath replied, even though 45-year-old Jackson hadn't placed higher than third in the Mr. O since winning the title in 2008. "He's done it before, and he won the Arnold Classic this year."

COMPETITOR NO. 9

Four years ago when Dexter Jackson was fifth in the Arnold Classic and sixth in the Olympia, he seemed on

1

**Phil
Heath**





2015 IFBB MR. OLYMPIA

SEPT. 18-19, 2015,
ORLEANS ARENA,
LAS VEGAS, NV



1 Phil Heath* \$400,000

2 Dexter Jackson* \$150,000

3 Shawn Rhoden* \$100,000

4 Dennis Wolf* \$55,000

5 Mamdouh Elssbiay* \$45,000

6 Branch Warren \$35,000

7 Roelly Winklaar \$25,000

8 William Bonac \$20,000

9 Victor Martinez \$19,000

10 Essa Obaid \$16,000

11 Juan Morel \$4,000

12 Maxx Charles \$4,000

13 Dallas McCarver \$4,000

14 Ronny Rockel \$4,000

15 Johnnie Jackson \$4,000

Did Not Place (\$2,000 each):
Mohamad Bannout, Brandon Curry, Jonathan DeLaRosa, Abdelaziz Jellali, Steve Kuclo, Robert Piotrkowicz, Brad Rowe, Fred Smalls

*Qualified for 2016 IFBB Mr. Olympia.



2 Dexter Jackson SECOND PLACE

COMPETITOR NO. 13

When it comes to contest weights in open pro shows, you almost always have to take the competitor's word for it. But unlike bodybuilders, the scales don't lie. After the athletes' meeting two days before the contest, fully dressed Mamdouh Elssbiay stepped on the scales (there to weigh in the 212 athletes), and a shocking number appeared: 316. In posing trunks and having dried out, the 5'10" Elssbiay likely got into the 305–310 range onstage. Some of that weight was somehow crammed onto his quads, which have grown so ginormous that his vastus lateralis hung far from each side like spare appendages. His calves had also improved, though

the verge of shrinking to irrelevance. His legs, especially, were taking on the middle-aged look of diminishing returns. But he rededicated himself under the tutelage of Charles Glass in Venice, CA, and when he strolled to center stage this year, he was 240—his highest-ever competitive weight. With his first (and best) pose, the front double bi, it was evident that he was bigger than he was in March when he won his record-setting fifth Arnold. His quads had never been fuller, even if his calves remain his greatest weakness. The Blade is no longer as finely cut as he was a decade ago. Nevertheless, he displayed corrugated glutes. In his record-setting 16th Olympia, bodybuilding's ironman was once again in contention for the ultimate title.

they remain a long way from being in balance with the rest of him.

There's just so much of him. His hang-glider rear-lat spread garnered one of the biggest cheers of the contest, and still Big Ramy wanted more, thumping his chest and scowling, encouraging the crowd between poses. If those in the audience who clapped tepidly felt like me and the judges, they wanted to see deeper separation. Phil Heath wasn't concerned when he heard 316, but if he'd heard 275 he may have lost sleep, for that could signify the largest man onstage was going high-def. As it was, Elssbiay was nowhere near HD. Heath had another perceptive observation: Whoever named Elssbiay "Big Ramy" did him no

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HEATH HARD
ON FRIDAY BUT
EVENTUALLY
FINISHED THIRD
ON SATURDAY.**

favours. Ever-greater body weights may grow his cult status, but they won't earn him a Sandow. Conversely, if he can become worthy of "Big and Ripped Ramy," watch out above.

COMPETITOR NO. 20

Frankly, Dennis Wolf looked older than 36. The physique that was a sensation at the 2007 Mr. Olympia (a year before Heath's O debut)—lean, dense, glowing, and impossibly wide—has been replaced with grainy muscle, pitted skin, and abrupt angles. He's going the way of Branch Warren, which is to say he's still a phenomenal bodybuilder but of a different type. His lats and delts have re-treated, and, as a result, no longer do his rear double bi and most muscular poses induce audience gasps from their sheer breadth. Still, it's never a contest between a bodybuilder and his younger self. If this Olympia had ended with competitor No. 20, it would've been a close call between Wolf and Jackson.

COMPETITOR NO. 23

With Greene out of the lineup, the best bet was that Shawn Rhoden would move up from the third spot he



**Shawn
Rhoden**
THIRD PLACE

occupied last year. (He and Wolf jostled for third in the previous three O's, with Rhoden taking it twice to Wolf's once.) Could he leap all the way to first? The jury was still out as he rolled through his mandatory poses, but it was evident he was less than his best. What were typically ice cube abs seemed to be melting, and his waist sometimes appeared bloated—a crucial deficiency for Flexatron, who depends on his fab abs and slender middle to accentuate his X-frame despite his less-than-wide shoulders. He had clearly been crisper in prior years, but, as with Wolf, we can't judge him against his past. This was a three-man race.

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Dennis Wolf

FOURTH PLACE

COMPETITOR NO. 24

Then a fourth man joined: the four-time and defending champ, Phil Heath. Previous Olympias were duels between him and Greene, so, with his rival gone, many expected the Gift to separate himself from the pack. Heath professed that he wanted to return to peak form after murky conditioning last year. But from his first pose, it was evident he was off. His legs were larger, as he and trainer Hany Rambod had prioritized this area to better fend off big wheelers Rhoden, Greene, and Elssbiay. However, his upper body, especially his



chest and back, was muddled. His normally "lights out" rear double bi, the most important pose in bodybuilding, lacked its 3-D, HD pop. The lights were left on.

FIRST CALLOUT

When head judge Steve Weinberger called six names, the last man beckoned to center stage, Roelly Winklaar, pumped his fist with glee. He had previously professed his goal of cracking the top six, and this time he was rewarded for keeping his middle svelte and bringing out cuts. Even his deficient back had improved. His making the first callout in bodybuilding's Super Bowl was a career highlight.

From left to right, the members of the sextet were: Winklaar, Rhoden, Heath, Wolf, Jackson, and Elssbiay. (Before the final two poses, Rhoden and Wolf were switched.) Here was further evidence that none of the top names brought their best. If Rhoden were leaner, if Wolf were fuller, if Ramy had forgotten the

scales, if the Blade were sharper, if the champ were truly on—so many ifs, and that's not even bringing up the guy who wasn't there. All those ifs made for a disappointing lineup, but they also spawned a contest that was compelling because the top spots could shake out in virtually any order.

SECOND CALLOUT

This one went (left to right): Branch Warren, Winklaar, Elssbiay, Essa Obaid, William Bonac. Even at 40, Warren continues to come in consistently grainy and veiny,

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and his legs remain as spectacular as ever. The most interesting thing about this callout, in which everyone was presumed to be in the top 10, was the inclusion of Obaid (previous Olympia best: 14th) and Bonac (previous Olympia best: 15th). Both were justly rewarded for their high-def conditioning, though Obaid's lagging legs eventually dropped him below Victor Martinez. The gold-toothed Bonac has been a juggernaut since growing out of the 212 division in 2013. If he can cram even more muscle on his 5'7" frame, watch for him to climb still higher in future O's.

THIRD CALLOUT

Fred Smalls, Juan Morel, Maxx Charles, Victor Martinez, Dallas McCarver, and Ronny Rockel battled for the final top 10 spot. Morel, in his second O, made notable gains in '15 but needed more etchings for the top 10. Charles displayed fine details from the front, highlighted by his spaghetti pecs, but, like Morel, his upper half was better than his lower. And then there was Dallas McCarver, who won his pro debut in May. He brought the cuts, and I thought he deserved a higher place than 13th. But he's still only 24, with a superb structure to build upon. Squint and you can imagine him, three years hence, with that 6' frame filled out substantially, crunching poses with Heath in the 2018 Olympia's first callout—and still only 27.



Mamdouh Elssbiay
FIFTH PLACE

SIXTH CALLOUT

The final melee on Day 1 was the quartet of Jackson, Wolf, Heath, and Rhoden. Head judge Steve Weinberger later told me it was a "very close four-man contest," and the movement of the scores from Friday to Saturday reflect this. With half of the judging complete, Jackson was in fourth.

FINALS

"Phil was pushed," Weinberger told me backstage after Heath won his fifth straight Sandow. "Yesterday he was pushed to the wall. Today he came back with



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ON SATURDAY, WARREN MADE UP A SEVEN-POINT DEFICIT TO SQUEAK BY WINKLAAR VIA A SINGLE DIGIT.

better conditioning. Honestly, if he would've come back today like he looked yesterday, he would've lost." The question is, who would've beaten him? The most likely suspect was Rhoden, but Rhoden was also off. Would he be the 14th Mr. Olympia now if he'd brought his best? Weinberger answered with a smile: "I've got to see him on for me to say that, but it would've been a lot different probably." If not Rhoden, then it would've likely been Jackson for the win. For that to happen, Heath would've needed to drop to at least third on Saturday.

That was certainly possible after his underwhelming Friday, but, as is his habit, Heath improved markedly on Day 2. While his posing routine progressed, it became obvious he would remain Mr. O. The pop had returned to his rear shots. By the way, his routine, which began with Phil Collins' "In the Air Tonight" and ended with Aloe Blacc's "I'm the Man," was his best yet. Two other routines of note were Winklaar's popping-and-locking dance-a-thon and Wolf's striking heroic shots to John Paesano's *The Maze Runner* theme (the rare case when a modern bodybuilder poses to one song from start to finish). Both were audience favorites.

The judging comparisons on Saturday were highlighted by various combinations of the top quartet, and it was clear that Wolf was the odd man out as Jackson, Heath, and Rhoden were shuffled. When Weinberger moved Heath so that Jackson and Rhoden were delt-by-delt in the center, the crowd roared. The Gift certainly has his detractors, but much of that reaction was simply an acknowledgment that maybe, just maybe, the unpredictable could happen. Still, wherever he stood, Heath was winning poses, especially the two crucial rear shots. And in the end he was moved between Jackson and Rhoden again. The two Mr. O's slapped hands while Rhoden gave Heath the side eye and reluctantly retreated to a bookend position. This was a contest between the 12th (Jackson) and 13th (Heath) Mr. O's. Forget No. 14 for another year. Backstage soon thereafter, No. 13 caught up with his old friend No. 11, Jay Cutler, the legend whose four Olympia titles he was destined to surpass an hour later.

PLACINGS

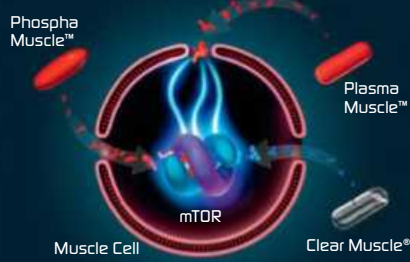
On Saturday, Warren made up a seven-point deficit to squeak by Winklaar via a single digit, denying the Caribbean the top six finish he sought. When Elssbiay's fifth received a tremendous clamor, the colossus thumped his chest and jabbed a fist at the sold-out Orleans Arena crowd in appreciation. That outcry was topped by the boos and lupine howls when Wolf was announced fourth. The most dejected man at the Olympia was Rhoden, who felt this should've been a duel between him and Heath. It never was, despite his straight seconds on Friday. And on Saturday, when the judges reevaluated the top quartet, Jackson soared from fourth to overtake Rhoden by one painful point, costing Flexatron \$50,000 and the

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8

William Bonac



MR. OLYMPIA

unofficial title of heir apparent.

Three hours earlier, AMI CEO David Pecker provided a surprise during his opening speech: He was bumping the Mr. Olympia top prize all the way up to \$400,000. (It was \$275,000 last year.) Heath hadn't heard the news until I broke it to him backstage midshow, and he was pleased about its implications for bodybuilding's popularity and profitability, but he was otherwise nonchalant. For him, the title is the most important thing.

In the end, when it was just the two Mr. Olympias, Jackson and Heath, at center stage, emcee Bob Cicherillo bellowed, "Take the Sandow trophy, the check for \$400,000, the Olympia gold medal, and the title of 2015 Mr. Olympia." Before he heard his name, but when he heard "to your five-time champion," Heath pumped a fist and fired a most muscular and rocked on his feet in ecstatic triumph.

AFTERMATH

The question is, can anyone beat him? Next year, Jackson will be 46. Rhoden, Warren, and Greene will all be 41. Though still dangerous, Wolf peaked years ago. Big Ramy has to decide to be more than just big. The next generation—Justin Compton, Dallas McCarver, Cody Montgomery—may be many years away from contention. When Dorian Yates won his six Sandows, he had several legitimate threats. For most of Ronnie Coleman's eight-year reign, Cutler was on his tail. And when Cutler was king, Heath was rising fast. Who can prevent the Gift from getting to not just six next year but a record nine in 2019? That's unclear today, but a lot can change over four years—or one year. Stay tuned.

Victor Martinez

9



Essa Obaid

10

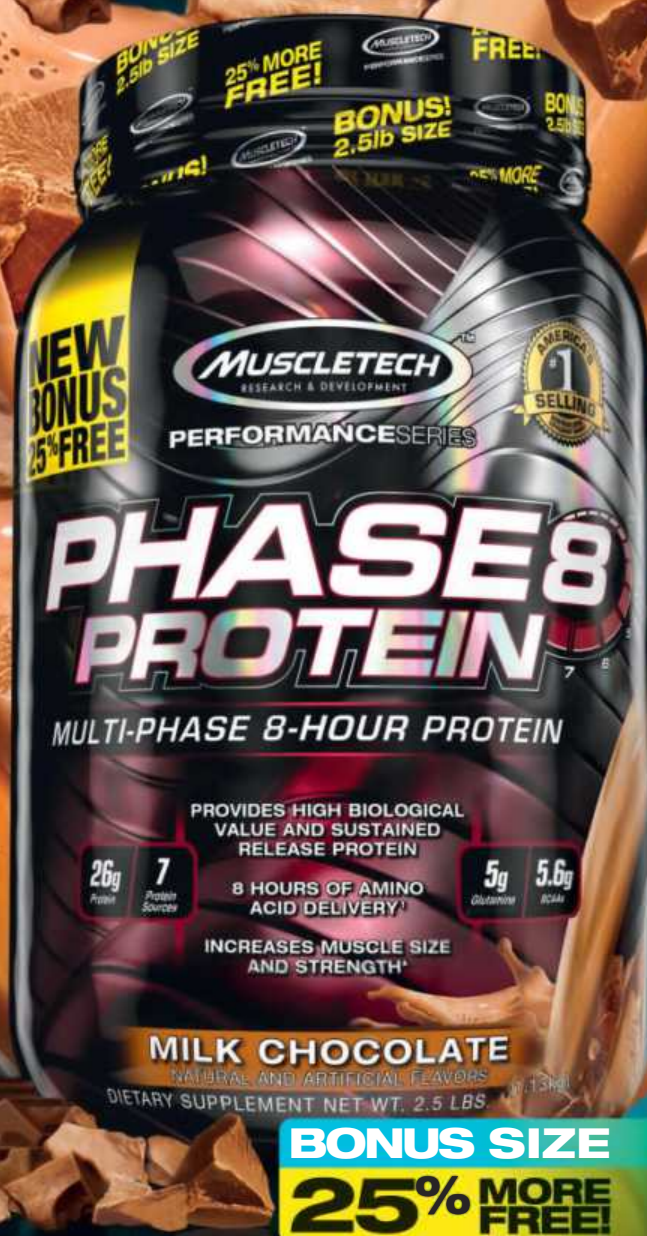


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ABS AND THIGHS with (from left) Wolf, Jackson, Heath, and Rhoden.



FRONT DOUBLE BICEPS with (from left) Obaid, Winklaar, Warren, Elssblay, and Martinez.

"Four was great," Heath said backstage just after he won Sandow No. 5 (a larger, redesigned statue). "But no one has won five since Ronnie Coleman, and, I'll be honest, that puts me in a different category. The only guys I'll be compared with in the legend category are Dorian, Arnold, and the two eight-timers [Lee Haney and Coleman]. So it'll really solidify my dynasty, and that's why I've been hashtagging it so much, just as motivation to myself."

As for winning at less than his best, Heath stated, "I think on Saturday I just found a way to get it done. More important, I just took Saturday really personally. I have experience with all of these guys. I've taken their best shots and come out on top. I was only 90% this time, and I'm going to be chasing that perfection next year. That's what I'm excited about. I know my legs can get better, because they were this year. So I can work on maximizing that and just continue to keep that roundness up top, and I proved to everyone that I can keep my waist in shape."

THE JUDGING COMPARISONS ON SATURDAY WERE HIGHLIGHTED BY VARIOUS COMBINATIONS OF THE TOP QUARTET.

"The other four [Mr. Olympia wins to break the record], I can't think about them yet. I just have to do my job. I'm going to try some things this off-season, because I think I can make it lights out. In my heart, I want to start doing that. I want to be known as a dominating Mr. Olympia. These guys pushed me. I'm not gonna lie. But I just pushed back harder." **FLEX**

MR. OLYMPIA

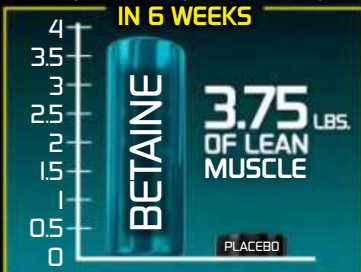
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Bigger in stature with greater musculature, the new Sandow reflects the evolution of bodybuilding and the Mr. Olympia. In addition, the face has been reworked to more closely resemble Eugen Sandow, and the base includes the names of all the Olympia winners in chronological order. And as Phil Heath can attest, the new statue is much heavier than the original.

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EXCLUSIVE PHOTOS FROM THE
2015 IFBB OLYMPIA WEEKEND

Backstage at Orleans Arena, **Phil Heath** takes a final glimpse in the mirror moments before going onstage to defend his crown. "The Gift" had a tough battle ahead, but in the end, he prevailed to win his fifth straight Sandow.







Mamdouh Elssbiay checks out a pair of quads that just may be the widest in the world. He drew unlucky No. 13, but he finished the night with his highest Olympia placing to date: fifth.



▲ Nothing says sexy like muscles and sequins! Just ask **Narmin Assria** as she pumps her guns before strutting onstage for the Bikini Olympia finals. Assria shows remarkable concentration despite the distracting view in the mirror.

◀ Fans from all over the world flock to Las Vegas in September to take part in the activities, like **pullups at the Muscle & Fitness booth** and mingling with star bodybuilders.

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Heath and Dexter Jackson thought they were auditioning for *Dancing with the Stars* until head judge Steve Weinberger had the duo cut their foxtrot short to get them onstage for the final comparison and pose-down. Jackson finished as runner-up in his record 16th Olympia appearance.

► Car deadlifts at the M&F booth were one of the many attractions at the Olympia Expo. **Using up every inch of the 459,000 square feet of the Las Vegas Convention Center,** the expo is a sea of bodies taking in the latest innovations in the industry.

► Some athletes prefer to keep a low profile, like **Shawn Rhoden** (far right), who focuses on the task at hand as he squeezes out a most-muscular pose. Rhoden finished third.





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Looking fabulous in a bikini is only one part of the total package required to win the **Fitness Olympia**. Competitors warm up backstage for their finals routines, complete with costumes and props.



▲ **Dennis James** (left) and **Bob Cicherillo** host the Mr. Olympia Press Conference, the first public event of Olympia Weekend. Thankfully, Cicherillo didn't come out in a matching suit. That would have been awkward.

◀ "Whatchu looking at?" **Heath** takes a moment to mug for the camera with this impromptu impersonation of the famous Joe Weider bust. We think the Master Blaster would approve of Heath's delts, arms, and upper chest.

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It takes thousands of hours of gym time and buckets of sweat to make it to the Olympia. It's the moment of truth for athletes like **William Bonso**, who build not only their bodies but also their hearts and minds to compete at this level.

▲ Top: Four-time Mr. Olympia **Jay Cutler** confers with **Heath** backstage. Cutler was the last man to beat Heath when the two competed at the 2010 Mr. Olympia. Heath has not lost a contest since winning the 2011 Mr. Olympia over Cutler. The two remain close friends.

▲ Olympia Weekend is a chance for people to see the greatest bodybuilding and fitness athletes in the world as they **show what the human body is capable of** when you combine genetics and hard work. This year's event was the most successful of all time, with records for prize money and attendance.

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TOTAL ACCESS

The soon-to-be **five-time Mr. Olympia** psychs himself up en route to center stage. At just 35 years old, Heath is only the 13th man to realize the dream of being the greatest bodybuilder on the planet. Will he secure a sixth Sandow? **FLEX**



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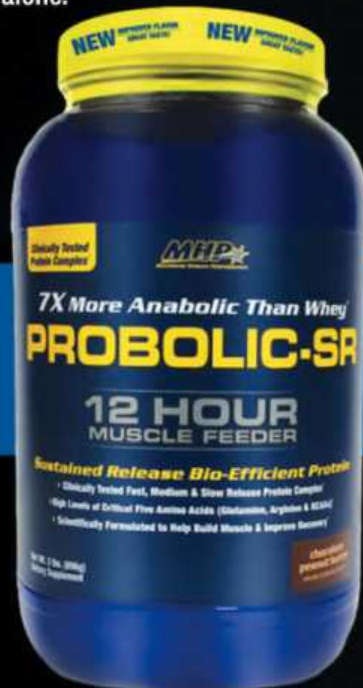
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BUILDING A LEGACY

FLEX LEWIS WINS HIS RECORD-SETTING
FOURTH OLYMPIA 212 SHOWDOWN

**OF COURSE FLEX LEWIS
HOLDS THE RECORD FOR
MOST OLYMPIA 212
SHOWDOWN TITLES.**

He's won all four of them since the division was bumped up from 202 pounds in 2012. More important, he now has the most "lightweight" Olympia victories. When the Mr. Olympia was divided into lightweight and heavyweight divisions from 1974-79, Franco Columbu and Frank Zane each took the former title three times. Furthermore, Kevin English won the old Olympia 202 Showdown thrice. So Flex's No. 4 at the 2015 Olympia 212 Showdown was historical. It was also a return to form after winning at less than his best last year.

THE REST

Far from their best were Kevin English, who failed to place and unwisely attempted a comeback at 42; and Aaron Clark, who was sixth last year but a smooth 14th





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this time. On the other hand, a couple of O rookies nearly cracked the top 10. Kyung Won Kang presented pleasing density and remarkably deep quad crevices, and Alejandro Cambronero had one of the most classically aesthetic physiques of the weekend. Also notable is ninth-place finisher Craig Richardson, who, 12 years after his pro debut, sacrificed leg size and moved down to the 212 division in 2015 with career-resuscitating results.

MONEY SPOTS

Guy Cisternino brought the cuts—especially from behind—and was rewarded with his highest placing yet. Only lagging arms kept him from moving into contention. On the other hand, after his close second last year, Eduardo Correa retreated three spots. As usual, he displayed deep quad, back, and ab lines, but he lacked that extra level of crispness that distinguishes him from the pack. Likewise, David Henry wasn't at his spaghetti-striation peak, but his physique has a better flow than Correa's, and he returned to contention after a dismal 2014. Correa and Henry not cracking the top three cleared space for Hidetada Yamagishi to move up. At 42, Japan's all-time greatest bodybuilder is experiencing a renaissance in the 212 division. His sushi-cut quads and



**Flex
Lewis**

1



2016

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back were superb, and, as always, he displayed his proportionate physique with dramatic flair.

TOP CONTENDER

After his third in last year's 212 O and victory at this year's Arnold Classic 212, Jose Raymond emerged as the division's top contender. He brought his trademark grainy thickness to the stage, and this may have been his all-time best combination of size and cuts. He lacked deli-sliced definition, and his chest faded in the front lat spread, but there's no doubt this 40-year-old Bostonian is maximizing his potential.

During an interlude in his posing routine, Raymond pranced about to "Puff the Magic Dragon." Later, while they stood onstage awaiting announcement of the winner, Raymond informed Lewis, aka the Welsh Dragon, of the playful shot. They laughed. "It's all about having fun," Lewis said after his victory. "It's all about creating hype. If we as 212 guys don't create hype, it's a dead class. It's all fun and games, but nothing malicious."

THE BEST

Flex Lewis had been motivated to win No. 4 convincingly ever since he was less than convincing when winning No. 3. "I remember coming



2

**Jose
Raymond**

212 SHOWDOWN

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3

Hidetada Yamagishi



212 SHOWDOWN

offstage last year and hearing it's so close between you and Eduardo," Lewis said. "I never want that to happen. So I wanted to get back to the look I had in previous years, the tight waistline and what I think defines the 212: the symmetry, the classic lines, and obviously crazy conditioning. Last year was not me, so coming into this show, my main goal was getting back to my winning formula."

He succeeded. His waist was as wispy as ever, and when he locked in his rear double bi all those Welsh Dragon qualities were once again on display: the unparalleled lumbar density, the best-in-show calves, the horizontal butt cracks, and the medley of shape, size, and separation that has been unbeatable in the 212s. It was a strong return to form for the most victorious lightweight Olympian of all time.

As for No. 4, Lewis didn't know how historic it was until two days before the contest. "I was shocked to learn that," the Welsh Dragon said of his lightweight Olympia record. "And to be up there with Frank Zane and Franco Columbu [who together won five overall Mr. Olympia titles] and to surpass them in this way is truly an honor." He paused to let it sink in and then smiled. "It's amazing because this is what I want to do, grow this sport, leave my mark, make history. I'm all about building a legacy."

2015 IFBB OLYMPIA 212 SHOWDOWN

- | | |
|------------------------------|-------------------------------|
| 1 Flex Lewis* | 11 Kyung Won Kang |
| \$40,000 | |
| 2 Jose Raymond* | 12 Alejandro Cambroner |
| \$17,000 | |
| 3 Hidetada Yamagishi* | 13 Marco Rivera |
| \$8,000 | |
| 4 David Henry* | 14 Aaron Clark |
| \$5,000 | |
| 5 Eduardo Correa* | 15 Tricky Jackson |
| \$3,000 | |
| 6 Guy Cisternino | Did Not Place: |
| \$2,000 | Oliver Adzиеvski, |
| 7 Charles Dixon | Marian Cambal, |
| | Shawn Clarida, |
| 8 Ahmad Ahmad | Dobromir Delev, |
| | Kevin English, |
| 9 Craig Richardson | Kim Jun Ho, |
| | Zane Watson |
| 10 Al Auguste | *Qualified for |
| | 2016 IFBB |
| | Olympia 212 |
| | Showdown. |

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BIKINI DYNASTY

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2015 IFBB BIKINI OLYMPIA

- | | |
|---|-----------------------------------|
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| 2 Janet Layug*
\$12,000 | 7 Stephanie Mahoe |
| 3 Courtney King*
\$7,000 | 8 Justine Munro |
| 4 India Paulino*
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| 5 Stacey Alexander*
\$2,000 | 10 Jamie Del Angel |

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LATORYA WATTS TURNS UP THE VOLTAGE TO WIN HER FIRST O AND BECOME THE NEW QUEEN OF FIGURE



2015 IFBB FIGURE OLYMPIA

- | | |
|------------------------------------|--|
| 1 Latorya Watts* | 6 Gennifer Strobo |
| \$30,000 | \$2,000 |
| 2 Nicole Wilkins* | 7 Ann Titone |
| \$15,000 | 8 Cydney Gillon |
| 3 Candice Lewis* | 9 Andrea Calhoun |
| \$10,000 | 10 Joan Smith |
| 4 Camala Rodriguez-McClure* | *Qualified for 2016 IFBB Figure Olympia. |
| \$5,000 | |
| 5 Candice Keene* | |
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OKSANA GRISHINA HITS ALL HER MARKS
EN ROUTE TO A SECOND FITNESS O



2015 IFBB FITNESS OLYMPIA

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2 Tanji Johnson*
\$15,000

3 Myriam Capes*
\$10,000

4 Regiane Da Silva*
\$5,000

5 Bethany Wagner*
\$3,000

6 Michelle Blank
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7 Fiona Harris

8 Ryall Graber

9 Whitney Jones

10 Marta Aguiar

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SHOWSTOPPER

IT WAS THE LARGEST DIVISION OF OLYMPIA WEEKEND...AND
JEREMY BUENDIA WALKED OFF AS THE TWO-TIME CHAMP



2015 IFBB OLYMPIA MEN'S PHYSIQUE SHOWDOWN

1 Jeremy
Buendia*
\$15,000

2 Sadik
Hadzovic*
\$7,000

3 Jason Poston*
\$3,000

4 Ryan Terry*
\$1,500

5 Brandon
Hendrickson*
\$1,000

6 Dean Balabis

7 George Brown

8 Ryan Hinton

9 Anton Antipov

10 Jacques Lewis

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WOMEN'S PHYSIQUE SHOWDOWN

UNSTOPPABLE

JULIANA MALACARNE DOMINATES THE FIELD TO DEFEND HER TITLE



2015 IFBB OLYMPIA WOMEN'S PHYSIQUE SHOWDOWN

1 Juliana
Malacarne*
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2 Kira Neuman*
\$7,000

3 Tycie Coppett*
\$3,000

4 Danielle
Reardon*
\$1,500

5 Autumn
Swanson*
\$1,000

6 Mindi O'Brien

7 Gloria Faulls

8 Erica Blockman

9 Teresita Morales

10 Jacklyn
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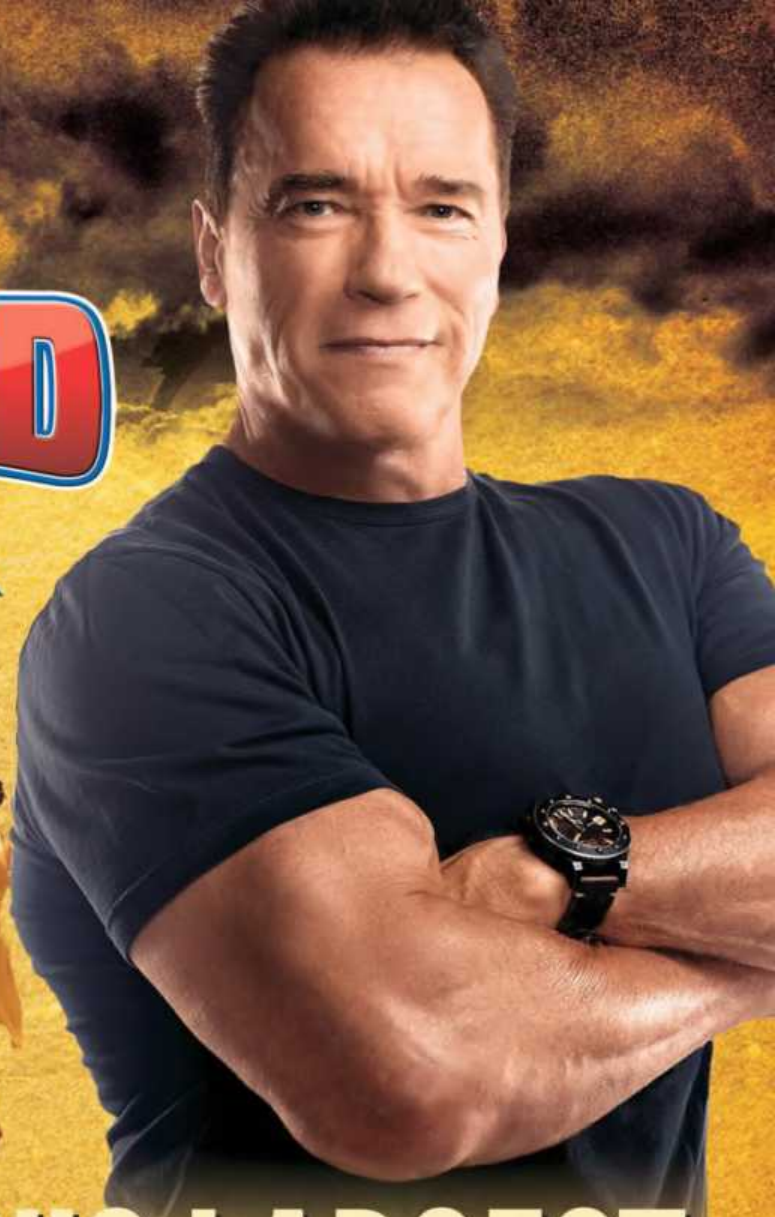
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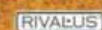
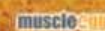
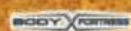
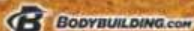
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GIFT

2015 FLEX HOLIDAY

GUIDE

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CARDILLO WEIGHT BELT

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Cardillo made their name by churning out high-quality, customizable weight belts. Now they've made it so you can support more than just your back. From training straps and wrist supports to knee wraps and training gloves, Cardillo's new line of lifting accessories has you covered top to bottom.

6

ADIDAS TEAM ISSUE FLEECE PANTS

\$55 @ ADIDAS.COM/US

Whenever Old Man Winter cranks up the AC, step into these fleece-lined sweats to turn up the heat. As if that's not enough, the reinforced stitching increases durability, so there's no need to worry about splitting your pants at the seams after you add five inches this bulking season.



7

LIFEPROOF FRĒ POWER IPHONE 6 CASE

\$100 @ LIFEPROOF.COM

Drop your iPhone 6 or 6s on a sidewalk? No problem. Drop it in the toilet? Gross, but it's all good as long as the device rests inside of the FRĒ Power case. The unit not only protects phones from water damage and falls of up to six feet, it's also a backup power source that doubles battery life.

8

MIZUNO WAVE INSPIRE 12

\$120 @ MIZUNOUSA.COM

When the snow melts and it's time to get shredded you'll need a comfortable pair of kicks that'll keep your dogs from barking when you ramp up the cardio. Mizuno's lightweight runners feature more support and a retooled midsole than the previous model, providing more stability and comfort with each stride or strut.

9

AXE MAX HYDRATE

\$4 @ AXE.COM

Think of it as a 30-second rep: Work Axe's two-in-one shampoo and conditioner into a lather and rub it into your hair, and then rinse. Doing so will moisturize your locks and remove dirt, oil, and whatever nastiness that leached onto your scalp after using the incline bench that some scrawny punk neglected to wipe down!

10

DEGREE MEN DRY SPRAY

\$5 @ DEGREEDEODORANT.COM

Whether you have a physique like Mr. Olympia or an Oompa Loompa, if you're spewing rank body odor from your pits, that'll be the lasting impression you leave on people. Knockout underarm odor with a spritz of Degree's woodsy-scented antiperspirant to keep your pits dry, smelling clean, and feeling fresh for up to 48 hours.

11

BOWFLEX SELECTTECH 560 DUMBBELLS

\$449 @ BOWFLEXSELECTTECH.COM

Sync your Bluetooth-enabled tablet or smartphone to the 560s to track rep speed, rep count, range of motion, calories burned, and more. The data automatically transfers to an app for safekeeping. How smart is that? Each dumbbell adjusts up to 60 pounds. Add-on weights make each load 100 pounds.



12

RHONE MAKO 9-INCH SHORTS

\$68 @ RHONE.COM

Clingy gym shorts that ride up your crack and impede range of motion are distracting and uncomfortable. Avoid these hassles with Rhone's lightweight, moisture-wicking four-way stretch fabric. Five pockets, including a zippered one for your media device, provide plenty of storage.

13

ALL-CLAD COPPER CORE ALL-IN-ONE PAN

\$280 @ WILLIAMS-SONOMA.COM

It's the only pan you'll need for all your cooking—on the stovetop, in the oven, or using the broiler. Use the four-quart copper and stainless-steel pan to sauté, sear, bake, and broil, then put it in the microwave for easy cleaning. The Copper Core will make cooking so easy the most difficult part will be choosing which recipe to whip up next.

14

BELLECORE BABYBELLE FIT BODYBUFFER

\$200 @ BELLECOREFITNESS.COM

Want to improve your training and recovery? Pamper yourself with a muscle massage every day pre- and post-workout. The handheld BelleCore bodybuffer can improve circulation and range of motion, as well as flush out metabolic waste and lactic acid from your muscles.

15

JORDAN CP3.IX

\$130 @ JORDAN.COM

The CP3.IX feature a nine-chamber Zoom Air unit and internal bootie that team up to provide maximum cushion and an ultra-snug fit. Put another way, midway through a 100-rep set of walking lunges, your hammies and glutes will be on fire, but your feet will feel as if they're wrapped in Jordan Brand marshmallow-covered unicorn fur.

16

TIGI BED HEAD POWER PLAY GEL

\$10 @ BEDHEAD.COM

Keep your coif in line with a non-flaking gel that'll supply a firm hold without looking like you dipped your head in a tub of grease. The alcohol-free formula also protects your hair from free radical damage, and conditions and moisturizes as it tames your mane.

17

UNDER ARMOUR HI-ROLL GRAY STORM POLARIZED SUNGLASSES

\$185 @ UA.COM

Living in a winter wonderland can leave you susceptible to blinding snow glare and eye damage from the sun's ultraviolet rays. The Gray Storm's glare-reducing, polarized lenses can help protect your peepers by blocking 100% of UVA, UVB, and UVC rays. And coincidentally, the square aviator style looks super badass.



18

DESTINY: THE TAKEN KING PS4 BUNDLE

\$400 @ PLAYSTATION.COM

The limited-edition glacier white 500GB PS4 console comes with the popular first-person shooter game, *Destiny: The Taken King* and a digital game expansion voucher. When you're done battling the nefarious "Taken" forces, use the PS4 as a Blu-ray player or media-streaming device.

19

LAGOSTINA GRILL PAN

\$150 @ BEDBATHANDBEYOND.COM

The 11-inch pan's triple-wall construction distributes heat evenly to help you achieve the perfect sear on steaks and turkey burgers. And while cast-iron pans are a bitch to clean, Lagostina's stainless-steel pan is dishwasher safe.

20

ALL-CLAD KITCHEN SCALE

\$100 @ BLOOMINGDALES.COM

If your chicken breasts need to be an exact 8.7 ounces, then All-Clad's elite food scale should find a home alongside your cutting board. The KS22's 22-pound capacity can also measure the craziest of cheat meals. Even better, the unit's 9-inch, removable stainless-steel tray is dishwasher safe, making cleanup a breeze.

21

SONOS PLAY:1

\$200 @ BESTBUY.COM

Use the Sonos app to access more than 100,000 free radio stations and music streaming apps (including Spotify, Pandora, and SiriusXM). And then let the Play:1's dual speakers blast your tunes wherever the sleek, compact, and humidity-resistant device fits best—including your bathroom or home gym.

22

B-FORCE BANDS MINI BUNDLE

FROM \$99 @ BFORCEBANDS.COM

When the weather outside is frightful, and the roads are not delightful, stay home and use B-Force Bands to add up to four times the tension on just about any exercise in the book. The Mini Bundle includes bands, lateral bands, straps, handles, and sliders.

23

MICROSOFT SURFACE 3

\$500 @ BESTBUY.COM

Microsoft's versatile Surface 3 features a 10.8-inch LCD screen, full HD display, 10 hours of battery life, an integrated kickstand, and a USB port, allowing for use as a tablet or to run desktop software. Available in Wi-Fi or Wi-Fi + 4G LTE models. Keyboard sold separately.






REVERSE CURL

Proportionate forearms add to every pose. Unless you are genetically gifted with Popeye forearms, you should include forearm exercises, like this reverse curl, as a regular part of your overall arm routines.

Young GUNS

THE RAPID RISE OF 2015 USA CHAMP AND THREE-TIME TEEN NATIONALS WINNER **CODY MONTGOMERY** AND HOW HE BUILT PRO-CALIBER ARMS BY AGE 20

BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL



Although there are two bona fide pro legends, Shawn Ray and Branch Warren, among the 32 NPC Teen National champs, only six overall victors had turned pro before this year. Now Cody Montgomery has joined that exclusive club. Already he's had a legendary amateur career. Of those 34 Teen Nats, he's the only person to win more than one, and he did it thrice. Then he leaped into this year's USA Championships and once again took home the heaviest hardware, becoming the first person to go pro in his debut NPC open contest and, at 20, the youngest overall winner of a pro qualifier. Expectations are now sky-high. Can he keep his winning streak alive in the big league? Can he have a legendary pro career to match his amateur years? Settle in. We've witnessed only the first steps of what will likely be a long journey.



POSING PRACTICE

Hitting your poses can help you achieve a stronger mental link with your muscles, which, in turn, can translate to better workouts in the gym.

NOBODY

"Words can't capture everything I've experienced already," Montgomery says. "When I first started bodybuilding, I just wanted to be noticed, because I was a nobody, and as time went on I wanted to be remembered as the greatest teen bodybuilder ever. I don't know if that's necessarily the case, but I definitely have the titles to back it up that I was a very good teen bodybuilder. Regardless of whether or not I'm the best ever, I don't think anyone's going to beat that record [three Teen National overalls], so it feels good that I'm going to be remembered for that for a long time."

Cody Montgomery was born in Anchorage, AK, on Aug. 6, 1994, the youngest of three children. His parents, oil engineers, relocated the family to suburban Dallas. There, the youngest Montgomery was a skinny skateboarder before, at 12, he began lifting weights for football. "I still remember when I

broke 100 on the gym scales," he says with a laugh. Soon that number was rapidly expanding. "The summer between junior high and high school, I really got into eating and lifting to get bigger. As a freshman, I competed as a powerlifter in the 181s [division for those who weigh 165-181 pounds]."

Jay Cutler and Flex Lewis were his early inspirations, and he remains a fan of both even as they've become his friends. "I started looking at YouTube videos of bodybuilders, lifestyle videos, and training videos, and those

were the two guys I focused on the most." Four-time Mr. Olympia Cutler and four-time Olympia 212 champ Lewis were each, like Montgomery, teen prodigies and youthful professionals. Cutler won the heavyweight class of the 1993 Teen Nationals before losing the overall to Warren. Lewis was the British junior champ at 19. Both O titlists earned pro status at 23.

ACCEPTANCE

Montgomery began his rapid rise a week after his 16th birthday when he won the teen division of the

"I wanted to be remembered as the greatest teen bodybuilder ever."

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CODY MONTGOMERY

2010 NPC Dallas Europa. "It just felt right, like it was my calling," he says of his debut outing. The following year, he won not just the teen title of the Ronnie Coleman Classic but also the men's middleweight novice division. Then, in 2012, he set his sights on the NPC Teen Nationals. High school teachers allowed him to down the necessary meals and protein shakes in classes to stay on his meal plan. He was only 17 (the Teen Nats is held annually in late July, just before Montgomery's birthday), but at 184 pounds, the 5'7" Texan presented a surprisingly "finished" physique with rare qualities like zippered quads, a lumbar Christmas tree, and pointy biceps. In a shocker, the light-heavyweight became the youngest person to win the overall title.

"I think other than the USA, that was the greatest moment of my life," Montgomery states. "I wasn't expecting it. Nobody knew who I was. With the Teen Nationals, there's not a lot of hype, but whatever hype there was that year was for Dominic Cardone [who won the heavyweight class], and he had major sponsorship and everything. I was just some nobody going in there. And that was probably the coolest experience of my life, because it was the first time I really got accepted into the world of bodybuilding."

That acceptance included a subsequent photo shoot in Gold's Venice with legend Chris Cormier, who, at 26, won the 1993 USA Championships—the year before Montgomery was born. "The Real Deal" went on to win 11 pro shows and finish second in the Arnold Classic six straight years with the type of proportionate, mass-with-class physique that Montgomery is building. "He's seen it all, done it all, but also had some stumbles, so he can tell me how to do things right in bodybuilding but also in life," this year's USA champ states. "He's been great just advising me on a personal level. I think of him as a father figure."

THREE-PEAT

With one Teen National title, Montgomery's focus turned to becoming the first person to repeat. "That second year, I thought of it more as a job," he admits. He barely eked in at the 198-pound light-heavy limit on his way to



OVERHEAD EXTENSION

Building the triceps long head will add fullness to your arms, particularly in the front and rear double biceps poses.

making history with Teen Nats title No. 2. "And then after that I got more and more motivated, and it just became more of my life." With two titles at 18, why not go for No. 3 at 19? After all, three is a tally that will likely never be matched and, safe to say, never be topped. For extra motivation, Montgomery, by then a business student at the University of Texas, San Antonio, also entered the NPC Collegiate Nationals, held concurrently with the Teen Nats. Weighing in at 214, he won both shows.

As a three-time Teen Nationals champ, Montgomery has advice for other teenage bodybuilders. "Don't rely too heavily on supplements. Obviously, supplements play an important role, but I think

some teenagers will drink a lot of protein shakes instead of eating real food. You need to have a balance. That's one thing I'd say to teenagers regarding everything and just life in general: Keep a balance. Remember, you're only young once, so be sure you enjoy it, but at the same time be focused and know what you have to do to make the kind of bodybuilding gains you want or whatever goals you have. You also need to get your mind positive. Sometimes you have to work on that, work on eliminating negative influences from your life and work on eliminating negativity from your thinking. That's one thing I had to work on over the past year, and it paid big dividends for me."

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¹Subjects combining the core ingredients in MuscleTech® Premium Whey Protein Plus (creatine and whey protein) with a weight-training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2015



“I’m not trying to...change my look. I think a lot of people make that mistake when they turn pro—they try to get monstrous and lose all their lines.”

to me yet. Maybe it never will. But I love the feeling, and I certainly feel blessed.”

PROFESSIONAL

The latest USA champ took the fall university semester off to “let things settle down and focus on travel for appearances,” but he does plan to get his degree. Meanwhile, he’s not yet certain where he’ll make his pro debut. He’s gone from 184 in the summer of 2012 to 224 in the summer of 2015, at a steady pace of 10 to 15 pounds per year. At his height, another 10 to 15 is likely all he’ll need to contend for pro titles in 2016. “I’m not trying to push crazy amounts of food or anything like that and change my look,” he explains. “I think a lot of people make that mistake when they turn pro—they try to get monstrous and lose all their lines.”

Before he even turned 21, Montgomery had racked up a record three Teen Nats and an unprecedented one-and-done USA win. But he’s in this for the long haul. Bodybuilding is his career now. And ultimately he wants to be remembered more for what he does as a professional than what he did as an amateur. He wants to have a legendary pro career, like fellow Teen National champs Shawn Ray and Branch Warren, and like fellow USA champs Chris Cormier and Phil Heath. The truth is, for all Cody Montgomery has achieved, he’s 21, all he does is win, and he’s just getting started.

FLEX



IFBB legend Chris Cormier shows Montgomery the ropes.

DIPS
Position your hands close together and keep your body as vertical as possible to target the tri's.

ONE AND DONE

Montgomery is refreshingly honest about experiencing what he calls “a bit of a depression” earlier in 2015. “I didn’t have my previous contracts. I’d broken up with my girlfriend. Life felt like it was falling apart.” He had originally planned to do the NPC Nationals in November, but he told his nutritionist, Chris Aceto, he needed something to focus on before then. “I said, ‘If you believe I can win the USA, let’s do the USA.’” Aceto concurred, and the 20-year-old phenom prepped for the July pro qualifier.

He had to pull hard that last week to make it under the heavyweight limit, weighing in at 224. It was his first open contest and first pro qualifier, having earned his way onstage by winning the Teen Nationals (and Collegiate Nationals). A stomach bug the night

of the show nearly derailed his undefeated streak, but once again Montgomery brought his winning combination of pleasing lines, an aesthetic shape, and high-def detailing. He won the heavyweight class over 2005 Teen Nationals champ Gerald Williams (who subsequently went pro at the North American Championships) and then took the overall. Neither win was ever in doubt.

“I almost feel like that [the USA] was more godsent because of everything I went through this year, being down and showing resilience and that I can persevere. It meant a lot to me personally that I never stopped believing in myself. I just think it was godsent that I was sick and not only managed to get onstage but won. All of this doesn’t even make sense

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MONTGOMERY'S TRAINING SPLIT

DAY	BODY PART
1	Quadriceps, Hamstrings
2	Chest, Calves
3	Back
4	Off
5	Shoulders, Hamstrings
6	Triceps, Biceps, Calves
7	Off

MONTGOMERY'S TRICEPS ROUTINE

EXERCISE	SETS	REPS
Rope Pushdown	4	12-15
superset with Dip or Machine Dip	4	10
Close-grip Bench Press	3-4	10
Triceps Ladder	3	15-20
superset with Overhead Rope Extension	3	10

MONTGOMERY'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Machine Curl	3-4	10-12
Hammer Curl	4	8-10
Reverse Curl	3	10
One-arm Cable Curl	3	10
superset with Spider Curl	3	12



ONE-ARM CABLE CURL

This is a great finishing move to pump the biceps full of blood. Focus on the working muscle and visualize your biceps as mountain peaks.

TEEN NATIONALS CHAMPS WHO WENT PRO

Franco Santoriello (1984) No impact in seven pro shows.

Shawn Ray (1985) Won '91 Arnold; 2nd in '94 and '96 O's.

Shane DiMora (1986) Turned pro at 19; only did four pro shows.

Branch Warren (1993) 2nd in '09 O; won '11 and '12 Arnolds.

Craig Richardson (1994) Still competing successfully at 41.

Jason Huh (2004) No impact in four pro shows so far.

Gerald Williams (2005) Qualified at '15 North America.

Cody Montgomery (2012-14) Youngest winner of a pro qualifier.

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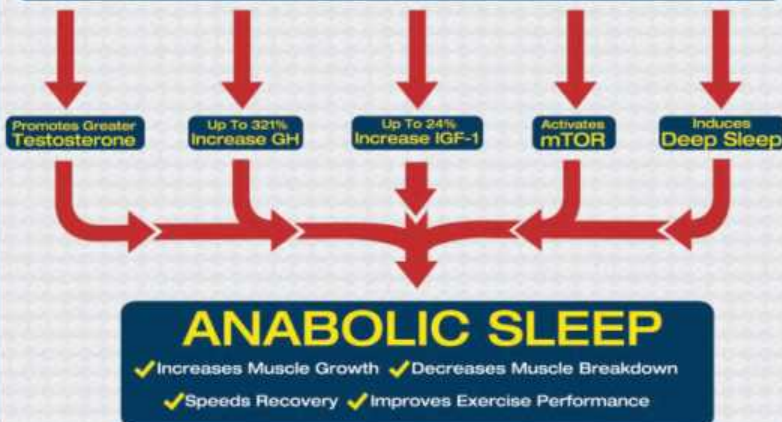
Welcome to the new frontier of muscle growth with 5D-TROPIN, the world's first 5-Dimensional Muscle Growth Activator! 5D-TROPIN introduces an all new muscle building phenomenon called Anabolic Sleep, which triggers powerful surges in four of the body's most potent muscle growth activators: GH, IGF-1, testosterone and mTOR. Increasing the levels of these key muscle growth activators while your body is at rest is the most opportune time to accelerate muscle growth and recovery far beyond your normal capabilities. 5D-TROPIN is a powerful formula, precisely dosed with efficacious, clinically researched ingredients that have been shown to increase GH up to 321% and IGF-1 up to 24%, while also increasing testosterone and activating the anabolic mTOR pathway.

5D-TROPIN induces a deep Anabolic Sleep and bolsters an anabolic cascade in which the protein kinase mTOR rapidly triggers an increase in muscle protein synthesis. Simultaneously, the anabolic hormones and growth factors GH, IGF-1 and testosterone bind to DNA inside your muscles, leading to the production of key anabolic genes that help promote extreme muscle growth and recovery. Now, with 5D-TROPIN you have the ability to augment nature's most powerful muscle growth regulators and experience muscle building gains like never before.



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- ▶ **Growth Hormone (GH)** also increases muscle building genes and functions as a "tropin" hormone – a hormone that increases other anabolic hormones. Principally, GH increases IGF-1.
- ▶ **IGF-1** is a powerful growth factor that increases "satellite cells," which help damaged muscles to repair and grow faster.
- ▶ **mTOR** is an anabolic protein kinase in muscle that regulates and "turns on" protein synthesis.
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BY STEVEN STIEFEL

Burn & Grow

Ten metabolism-boosting tips to get ripped and add muscle year-round, minus the annoying diet



■ Competitive bodybuilding nutrition plans are typically divided into two distinct phases: off-season mass-gaining diets and pre-contest cutting diets. But what if you don't want to alternate the two eating strategies because competing onstage is not your immediate goal? In other words, you want one plan that combines the best of both worlds so you can look as large and lean as you can year-round. That's what the 10 tips on the proceeding pages will do.

Learning to work with your body type is a key component in keeping your metabolism in an optimal muscle-building state. On our plan, hardgainers with fast metabolisms will find that they can consume foods, many higher in fat, that will help them achieve their goals. Those with metabolisms that are not quite so fast will find tips to get their engines revving so they can gain muscle without adding extra body fat.

GET STARTED

Here's a rundown of the three basic body types

► **Ectomorph:** You are naturally lean, and you find it challenging to add muscle.

What to do: "You need to eat, eat, eat," says Jonathan Mike, Ph.D., C.S.C.S., N.S.C.A.-C.P.T., U.S.A.W. The best strategy is to increase total calorie consumption, emphasizing slow-digesting carbs, healthy fats, and protein. "Good choices of complex [slow-digesting] carbs are brown rice, brown pasta, bagels, yams, and sweet potatoes," Mike says.

► **Mesomorph:** You have an athletic build, and you add muscle mass naturally. But you also add a moderate amount of body fat as you grow.

What to do: "This is where things get tricky," Mike says. "Guys in this category need to assess their resting metabolic rate [RMR] to determine how many calories they need for basic function." (See the "Calculate Your RMR" sidebar on the next page to learn how to do this.) "In addition," Mike says, "be careful not to consume a large amount of sugary foods or drinks, or fried foods, etc., because these increase not only insulin release but unfavorable health markers when consumed often and may negatively impact your ability to burn body fat." Scheduled cheat meals (one about every three days or so) are OK, Mike says. But the bulk of your nutrition intake should come from wholesome foods: relatively lean meats, vegetables, and complex carbs.

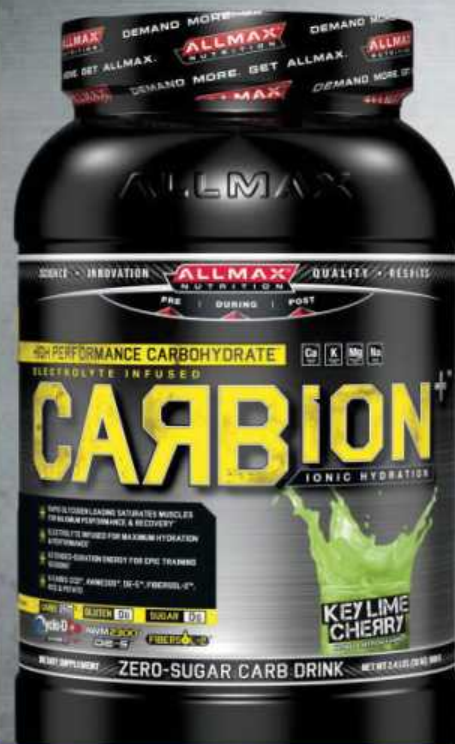
► **Endomorph:** You add weight readily, but much of it is body fat. Your body type can benefit most by boosting your metabolic rate and using stored fat to help fuel muscle growth.

What to do: Overhaul your program, integrating the tips on our list that you currently aren't following. "Your body type allows you to boost metabolic rate to dramatically improve your year-round appearance," Mike says. You can reduce calories without going on a rigorous diet. "Bump your protein and healthy fats, and pay attention to your RMR to reduce body fat."

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LEARN TO BURN

The total number of calories you burn every day is called your total energy expenditure (TEE), and it is separated into two parts:

1. Your resting metabolic rate (RMR), which accounts for about 60% of daily caloric expenditure. These are the calories your body burns just for normal physiological processes.
2. The other 40% of calories burned are due to the thermic effect, the heat and energy released in reaction to exercise and normal physical activity, as well as the thermic effect of consuming food. "Digestion, absorption, and metabolism of nutrients account for about 5-10% of TEE," Jonathan Mike says. That means your workouts and other physical expenditures account for about 30% of the total number of calories you burn every day.

So here's the good news: You burn more calories from your RMR than you do from exercise every day. Many of our tips help you boost this significant aspect of calorie burning without increasing the work you need to perform during training sessions. In addition, up to another 10% of calories are burned through processing the foods you consume. Of course, we also include a couple of exercise tips to help you increase this important aspect of TEE and boost your metabolic rate.

REV IT UP

The 10 strategies on these pages will help you boost metabolism. They also have a couple of other benefits important to bodybuilders:

1. They spare muscle tissue, often broken down while dieting.
2. They may even support muscle building while you're burning body fat.

CALCULATE YOUR RMR

"The Mifflin-St Jeor [1990] equation is the most accurate way to calculate your RMR," Jonathan Mike says.

1. Multiply your body weight (in pounds) by 4.54.
2. Multiply your height (in inches) by 2.54.
3. Multiply your age by 5.
4. Men: Add the first two numbers and subtract the third. Then add 5. Women: Add the first two numbers and then subtract the third. Then subtract another 161 from this total.

Here's an example for a 5'10", 25-year-old male bodybuilder who weighs 200 pounds:

$$\begin{array}{ll} 1. 200 \times 4.54 = 908 & 2. 70 \times 2.54 = 178 \\ 3. 25 \times 5 = 125 & 4. 961 + 5 = 966 \end{array}$$

So the equation becomes:
 $908 + 178 - 125 + 5 = 966$

1 Eat six to eight meals per day

There is a good reason that you see bodybuilders lugging around coolers filled with Tupperware containers of food: "Bodybuilders should consume multiple meals a day to support muscle mass," Mike says. "Consuming frequent meals will help bodybuilders keep their bodies stocked with nutrients and calories."

► **Action Plan:** To take in six to eight meals each day, follow a daily schedule along these lines.

Wake-up protein shake: 7:30 a.m.

Breakfast: 8 a.m.

Midmorning snack: 10:30 a.m.

Lunch: 1 p.m.

Pre-workout shake: 4 p.m.

Post-workout shake: 5:30 p.m.

Dinner: 6:30 p.m.

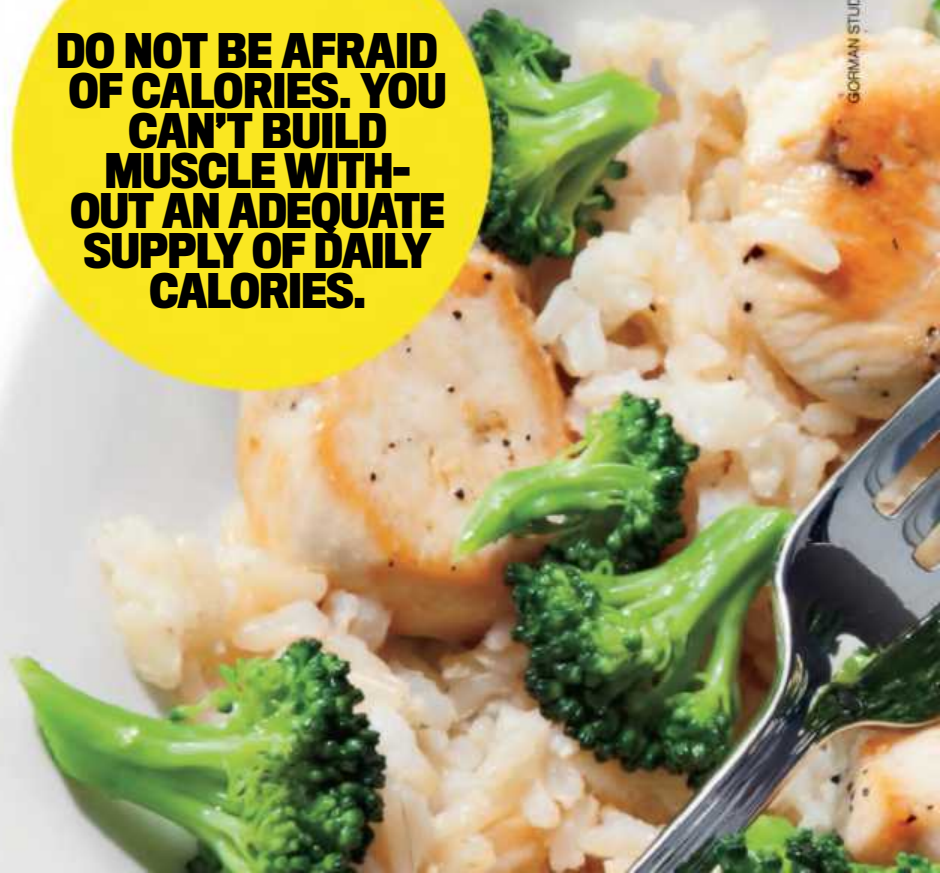
Late-night snack: 10 p.m.

2 You can eat more than you think

One side effect of decreasing calorie consumption too much is that it also slows the rate at which your body is able to burn body fat. In other words, decreasing calories alone often works against your goal of burning body fat. "Many competitive strength athletes consume more than 5,000 calories a day," Mike says. "This helps them grow and keeps their metabolisms running efficiently."

► **Action Plan:** Consume enough calories to fuel muscle growth without adding body fat. One of the best ways to do this is to keep meals fairly moderate in size but consume many of them throughout the day.

**DO NOT BE AFRAID
OF CALORIES. YOU
CAN'T BUILD
MUSCLE WITH-
OUT AN ADEQUATE
SUPPLY OF DAILY
CALORIES.**



GORMAN STUDIO; FOOD STYLIST JESSICA GORMAN

3 Don't skip your cardio

"Perform cardio on an empty stomach or after consuming a protein shake—it's preference," Mike says. "A study in the *Journal of the International Society of Sports Nutrition* showed no evidence that a fasting cardio condition conferred any benefits for fat loss compared with one after consuming calories."

► **Action Plan:** Concentrate on your total energy consumption and expenditure and the macronutrient ratios (and foods) that work best for your body type.

4 Emphasize high-intensity interval training (HIIT) cardio

Cardio performed with short, all-out bursts of activity is more effective for burning body fat than longer, steady-state forms. "Increased mitochondria size and number is something the CV system provides and has become a hallmark adaptation to HIIT," Mike says. In other words, your body produces more of these tiny energy units within your cells when you perform HIIT. This helps elevate your metabolic rate for several hours after the session.

► **Action Plan:** To take advantage of the benefits of HIIT, you need to include only three to five bursts in your cardio sessions (two to three days per week). Each interval should last only 60 to 90 seconds. After each round, take a longer recovery period (usually about two minutes or so) before performing your next HIIT session.



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5 Emphasize protein

"Protein itself won't increase your RMR," Mike says, "but it does increase satiety, helps reduce body fat, and enhances recovery and sleep." Protein also helps fuel muscle growth, and carrying more muscle mass will ultimately boost your RMR.

► **Action Plan:** Emphasize getting in at least 30% of your calories from protein with foods like lean red meat, fish, whole eggs, and egg whites. In addition, protein supplements low in carbs and fats are immensely beneficial for meeting this requirement.

6 Take protein first thing in the morning

One of the best ways to prevent catabolism and protect your muscle mass (and thus your metabolic rate) is to take in protein as soon as you wake up.

► **Action Plan:** "You can take in protein sources that are a mix of fast- and slow-digesting proteins such as a whey-casein combo," Mike says. "The whey will be absorbed quickly, and the casein will be taken in slowly, giving you the benefits of both absorption rates."

7 Embrace fiber

"Fiber holds considerable water and provides bulk to food residues in the GI tract," Mike says. "This makes you feel full for longer. Fiber also helps the body increase microflora, the beneficial bacteria that support health, muscle building, and fat loss."

► **Action Plan:** Consume at least 40 grams of fiber per day, from foods like beans and legumes, nuts and seeds, and vegetables and fruits. Take these in at every meal except after workouts and with your wake-up shake, as dietary fiber slows down protein absorption.



8 Get in plenty of dietary fats

Many bodybuilders think that they should reduce consumption of fats when they're dieting because they equate dietary fats with unwanted fat in their midsections. Guess what? One of the best ways to reduce body fat is to consume dietary fats in lieu of carbs. That's because dietary fats provide more satiety than carbs, which means that each calorie lasts longer. In addition, dietary fats cause far less insulin release than carbs do. Insulin is the hormone that drives blood sugar and tells the body which fuel source to use.

► **Action Plan:** Of primary importance with healthy fats is to emphasize consumption of omega-3s, which are typically very low in the American diet. Good sources include salmon, sardines, flaxseeds, and walnuts. Saturated fats provide the raw materials for hormones such as testosterone. Good sources include lean beef, dairy products, and whole eggs.

9 Consume fast-digesting carbs and protein after workouts

Taking in protein and carbs right after training will provide your body with the raw materials it needs to repair muscle tissue.

► **Action Plan:** Take in about 25 to 50 grams of fast-digesting supplemental protein (whey) with no dietary fats or fiber. Add an equal amount of fast-digesting carbs. The best sources in descending order are dextrose, glucose, and sucrose (table sugar).

10 Choose carbs wisely

Not all carbs are created equal. Sugar, bleached flour, and other fast-digesting carbs cause an insulin spike. Slow-digesting carbs cause less insulin to be released, allowing you to use the carb calories for energy expenditure over a greater length of time.

► **Action Plan:** Eat these carbs at various meals throughout the day:

MEAL	TIME	CARBS
Wake-up protein shake	7:30 a.m.	None
Breakfast	8 a.m.	Oatmeal, buckwheat pancakes, fruit
Midmorning snack	10:30 a.m.	Brown rice, vegetables
Lunch	12:30 p.m.	Baked potato, vegetables
Pre-workout shake	4 p.m.	Fruit, dextrose, table sugar
Post-workout shake	5:30 p.m.	Dextrose, table sugar
Dinner	6:30 p.m.	Vegetables, yams

FLEX

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She's Got Legs

AND, AS YOU'LL SEE, THIS OLYMPIA CHAMPION KNOWS HOW TO USE THEM!

BY DAVE LEE PHOTOGRAPHS BY PER BERNAL

"The squat is the very best exercise for building your legs and butt. I wouldn't feel like I had a complete leg workout if I didn't squat."

■ They were famous long before she became an Olympia champion. In fact, for the first five years of her career Juliana Malacarne stood on a pair of legs that made her, well, stand out, even as she was placing in the bottom half of all but one of the 11 shows she entered in for the IFBB Pro League. In 2012, a new division called women's physique was introduced and that year's inaugural New York Pro Physique proved to be the perfect platform for Malacarne to showcase those full, shapely legs, as well as the rest of her considerable talents. The Brazilian-born beauty now has a record seven wins, including two Olympia Women's Physique Showdowns, and Malacarne and her famous legs have walked into the record books as the most decorated women's physique competitor to date.

“People think you have to train heavy to develop your muscles, but the amount of weight you use has to be just right. It can’t be too heavy, and it can’t be too light that you’re not working hard enough. Around eight to 12 reps for upper body works well, with higher reps such as 10 to 15 for legs.”

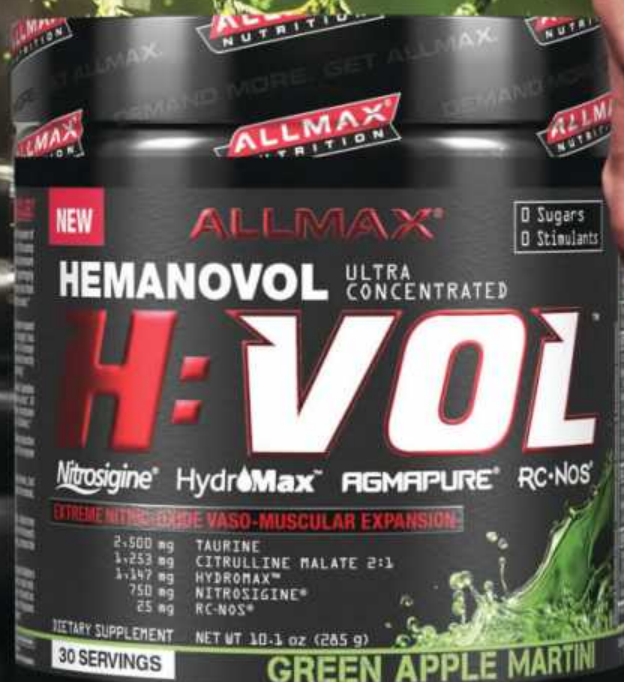


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WITH H:VOL FOR
THE BEST RESULTS!



PRE

POST

ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

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Superstores

SUPPLEMENT GIANT

"I get a lot of compliments on my legs. I've trained them very hard for years, so don't think that I was born like this. I think they're a great feature for me, but I believe my heart is my best body part."

STATS

DOB 5/8/75 **HEIGHT** 5'2"

WEIGHT 120 pounds

BIRTHPLACE Brazil

RESIDENCE Glenhead, NY

CAREER HIGHLIGHTS

2014-15 Olympia Women's Physique Showdown, 1st; 2015 Arnold Sports Festival, 1st; 2014 Europa Super Show, 1st; 2012-14 New York Pro, 1st

TRAINING SPLIT

MONDAY

Back

TUESDAY

Shoulders

WEDNESDAY

Quads

THURSDAY

Chest

FRIDAY

Arms

SATURDAY

Hamstrings

SUNDAY

Rest

LEG WORKOUT

EXERCISE	SETS	REPS
Leg Press	4	10-12
Squat	6	10-15
Leg Extension	4	10-15
Leg Curl	4	8-12

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A Truly Clinically Dosed Pre-Workout

You never quit during your workout and neither should your pre-workout. OUTLIFT has 10 CLINICALLY DOSED ingredients that will fight off fatigue in those last sets and tremendously increase your overall performance to get you the results that you expect. Get a product that meets your expectations in every scoop.

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Shopper**
every body matters

"I started training about 15 years ago, and the longest I've been out of the gym was 10 days. I feel best when I'm training all the time. It gives me energy and keeps me in a positive frame of mind. What can I say? I love working out!" FLEX



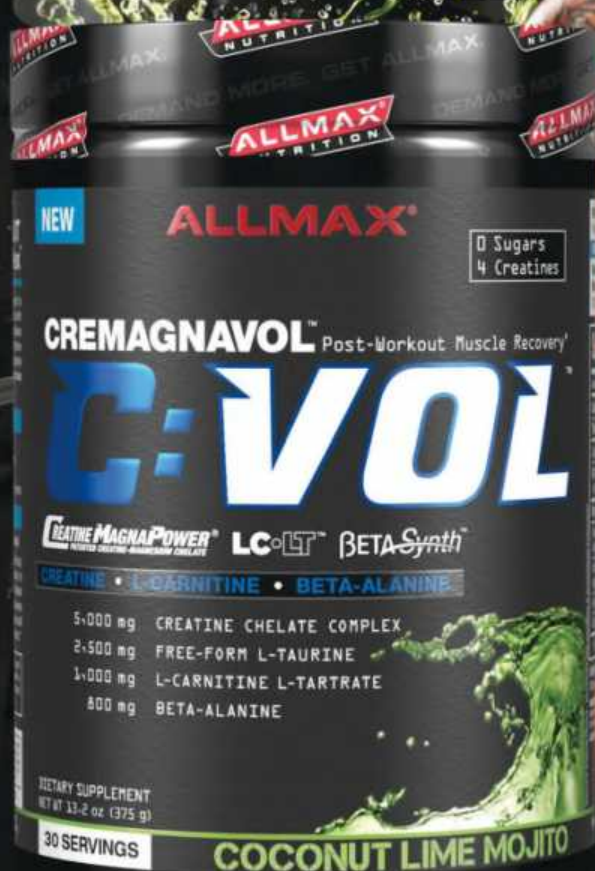
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INTENSITY

YOU NEED
this kind of
RECOVERY!



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THE BEST RESULTS!

Join the Conversation
#GETGAINS



PRE

POST

ALLMAX®

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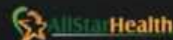
A 100% Fully Reacted, physically bound Creatine and Magnesium Chelate. Magnesium itself is a critical element that is required to drive Creatine into ATP (muscle cell energy fuel).

BETA Synth™

With increased levels of carnosine, muscular strength increases, muscular fatigue is reduced and total amount of work can be increased. Beta-Alanine is clinically proven to increase peak performance & recovery.

LC^oLT™

L-Carnitine L-Tartrate (LCLT) acts as a "shield" for your muscles during workouts. It has shown to protect not only the muscle, but the hormone receptors on the muscle cells.



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PAGE

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Dexter Jackson wins the
Arnold Classic Europe.

LAST SET

YOUR ONE-STOP SOURCE FOR MUSCLE NEWS

Big Remy tops Shawn Rhoden and Dennis
Wolf at the EVLS Prague Pro.
Page 180

Why Dexter Jackson's 2015
season may have elevated him past his idol,
Flex Wheeler.
Page 184

This photo of Phil Heath and Flex Lewis
training together is the definition of intensity.
Page 192

IFBB EVLS PRAGUE PRO

Oct. 3,
Prague,
Czech
Republic

BODY- BUILDING

- 1 Dexter Jackson*
- 2 Mamdouh Elssbiay
- 3 Shawn Rhoden

212

- 1 Jose Raymond*
- 2 David Henry
- 3 Ahmad Ahmad

BIKINI

- 1 Janet Layug*
- 2 Courtney King
- 3 Vladimira Krajova



IFBB KOREAN GRAND PRIX

Sept. 26,
Seoul,
Republic of
Korea

212

- ▲ 1 Flex Lewis*
- 2 Jose Raymond
- 3 David Henry

BIKINI

- 1 Janet Layug*
- 2 Courtney King
- 3 Angela Marquez

IFBB ARNOLD CLASSIC EUROPE

SEPT. 26, MADRID, SPAIN



Bodybuilding

- ▶ 1 Dexter Jackson*
- 2 Shawn Rhoden
- 3 Dennis Wolf

Fitness

- 1 Oksana Grishina*
- 2 Myriam Capes
- 3 Regiane Da Silva

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Post-Workout Anabolic Reaction!**

New Extra Strength DARK MATTER utilizes the latest research to create the most advanced hyper-anabolic post-workout muscle growth and recovery accelerator. A key component in this new revolutionary formula is its powerful synergistic combination of oligopeptides, insulinotropic amino acids and leucine loaded 10:1:1 BCAA complex. This peptide-amino acid combination is designed to dramatically increase protein synthesis and activate muscle growth. DARK MATTER also contains three highly functional carbohydrates from potato starch, waxy maize and glucose polymers, plus novel insulin optimizers to help maximize insulin spiking and reload your muscles with glycogen. DARK MATTER also boasts a multi-source creatine/glycerol complex for enhanced muscle volumizing and creatine loading into muscle tissue. Nothing will boost recovery and meet all of your post-workout muscle building needs better or faster than Extra Strength DARK MATTER!

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Utilizing Oligopeptides for Fast Absorption

Fast Impact Insulinotropic Amino Acids

Peptide Bonded Glutamine

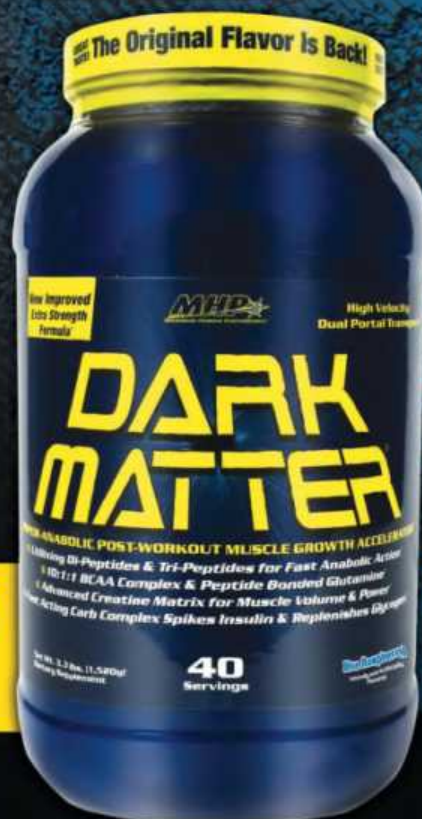
10:1:1 BCAA Complex Triggers Protein Synthesis

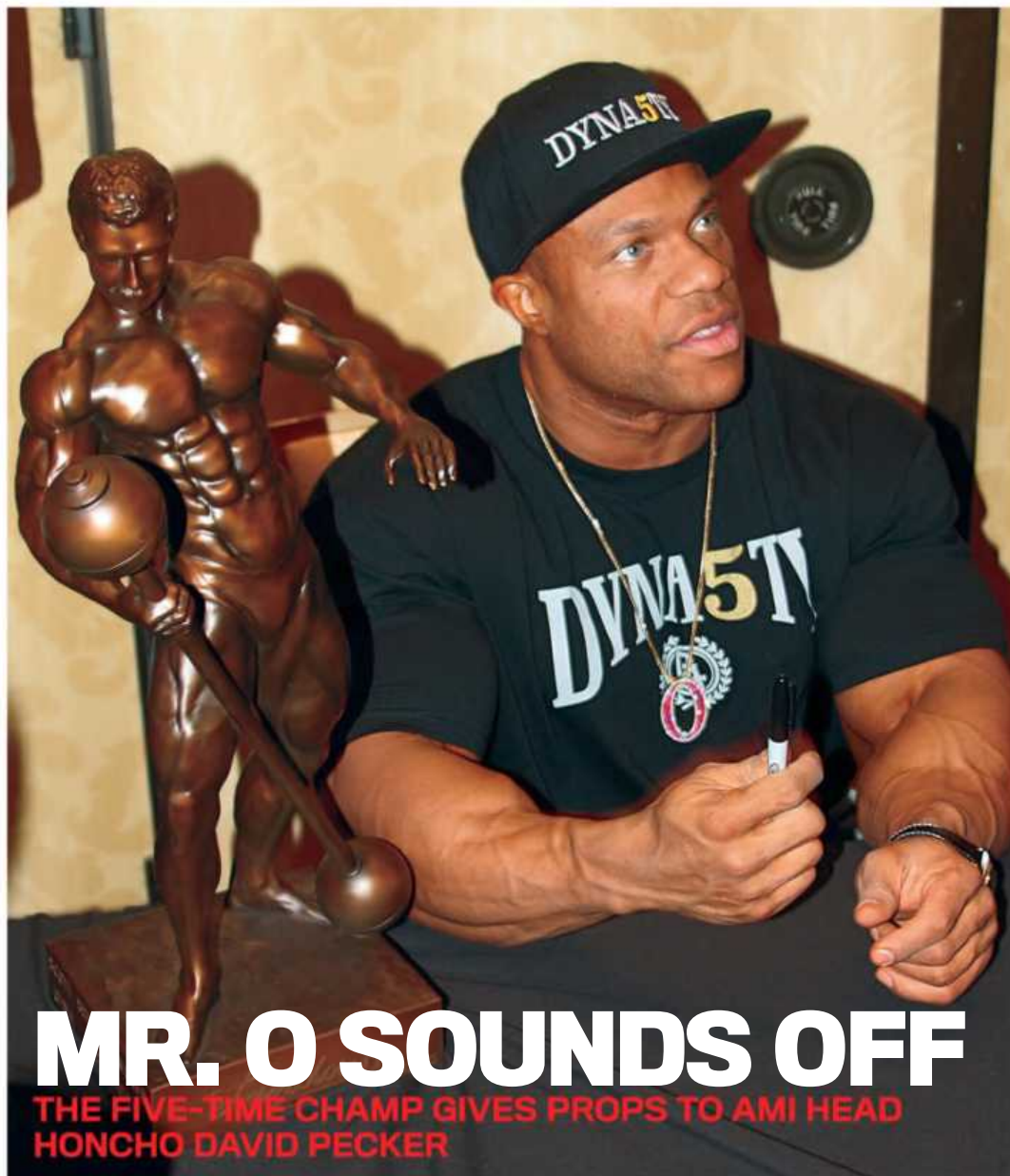
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MR. O SOUNDS OFF

THE FIVE-TIME CHAMP GIVES PROPS TO AMI HEAD HONCHO DAVID PECKER

■ For hardcore fans, Sunday at the Olympia starts with the Olympia Superstar Seminar to catch the greatest bodybuilding and fitness pros in the world telling the sold-out crowd exactly how they did it. With the stress of competition behind them, it's a chance for the athletes to relax with their peers and connect with the fans.

Mr. Olympia, Phil Heath, sitting at the table with his fifth Sandow, gave credit where credit was due by launching into a passionate thank-you to David Pecker, chairman, president, and CEO of AMI: "I met David a few years back when he took over the helm at AMI. We had a few conversations, and one of them was, 'Phil, I want to make bodybuilding as big as I can.' I thought, 'This is gonna be awesome.' And he put his money where his

mouth is last night when he raised the prize money up to \$400,000. I had no idea you could get paid like that from a bodybuilding show."

Heath then spoke about the new Sandow and the evolution of the O: "I picked it up last night, and it was super-super freaking difficult. I started looking at it, and I just thought, 'Wow, I will always be remembered as a Mr. Olympia.' To have these names on here just solidifies my legacy. And David Pecker made that happen. If you guys saw the show last night, you got to see all these huge LED screens and all these cool things at work. That's honestly a tribute to David Pecker for allowing these things to happen and carrying on the dream that Joe and Ben Weider had all those years ago."



STRONG FINISH

■ The Eastern Seaboard trembled when 286-pound Mamdouh Elssbiay won his pro debut at the 2013 New York Pro, and the shock waves were felt throughout the bodybuilding world. Since then, the bodybuilding community has been waiting for him to break through at the Olympia, but with an eighth in 2013, a seventh in 2014, and a fifth this year, patience is starting to wear thin. Elssbiay has never lacked for size but has failed to nail the crisp conditioning necessary to battle the sport's top-tier guys. But on Oct. 3, Elssbiay may have put himself back on the path, finishing runner-up to Dexter Jackson at the EVLS Prague Pro, beating Shawn Rhoden and Dennis Wolf for the first time in his career. The difference? He brought the cuts. True, he wasn't exactly bone-dry, but his separation and detail were much improved from his Olympia showing. If Prague is any indication of what could be possible if he dials it in, then 2016 could very well be the year that bodybuilding's next big thing finally delivers the goods.

FLEX

WHAT YOU'VE GOT

You've worked hard to build all that muscle. A truly impressive physique demands years of endless reps, sets and workouts. But all of that intense training takes a toll. Joints, tendons and ligaments—the connective tissue that holds that muscle in place, take a beating. Which is why you choose Animal Flex. The only award-winning joint support formula made specifically for serious lifters. An insurance policy in a pack, allowing you to survive to train another day. If you want to protect what you built, you've gotta Flex what you've got.



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ON THE BIG STAGE

THE OLYMPIA 212 SHOWDOWN MOVES TO ORLEANS ARENA



■ In 2008, the IFBB Pro League created the 202-and-under class (increased to 212 in 2012) and since that time, it has been held at the Las Vegas Convention Center as part of the Olympia Expo, with only the finals held on Saturday at Orleans Arena. That's going to change after IFBB Pro League president Jim Manion stepped onstage at the O finals and asked the crowd if they would like to see the 212 Showdown move completely to the arena. The people spoke, and the Prez heard them. In 2016, the Olympia 212 Showdown will be on the Orleans Arena stage. Stay tuned for the exact schedule.

A RECORD-SETTING YEAR!

■ It was a mere dream when Joe and Ben Weider created the International Federation of Bodybuilders in 1946. Today, the IFBB (changed to the International Federation of Bodybuilding and Fitness in 2004) is the biggest bodybuilding organization in the world. In 2005, the professional division split from the IFBB, and Joe and Ben entrusted Jim Manion (now president) with the new IFBB Professional League. His directive was simple: Grow! And, boy, did he ever! **In 2005, there were four divisions, men's and women's bodybuilding, fitness, and figure. Today, there are nine,** including 212, bikini, men's and women's physique, and wheelchair. And check out these numbers.

In 2015, records were set for total prize money, Olympia prize money, number of contests for nearly all divisions, number of competitors, and number of Olympia Weekend competitors. "Many hardworking, dedicated, committed, and loyal people from all over the world are responsible for, and share in, the IFBB Pro League's success and steady growth and development, particularly over these past 10 years," Manion said. "They include athletes, judges, officials, promoters, sponsors, photographers, print and online media, supporters, and fans. This also includes the long-standing, supportive, and valued relationship the IFBB Pro League continues to have with the IFBB and its president, Dr. Rafael Santonja."

\$3,404,150

Total prize money in 2015 vs. \$1,381,500 in 2005

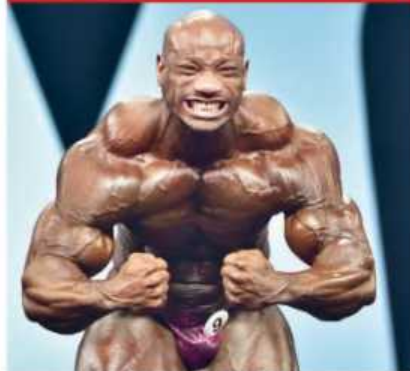
184 | 1,200

Total contests
vs. 33 in 2005

Total competitors
vs. more than
200 in 2005

STILL SHARP

■ Dexter Jackson started the season with a record fifth Arnold Classic title, placed second in his 16th Mr. Olympia (the record for most Olympias entered), and brought his total wins to 24, second behind only Ronnie Coleman's 26. And "the Blade" did it all at 45 years old, making him the second-oldest IFBB Pro League contest winner behind Albert Beckles (52). Jackson's efforts earned him the IFBB Pro League award for Male Athlete of the Year, and we look forward to seeing what's in store for next year.



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THE ADVANCED INGREDIENT that works within 15 minutes*¹—giving you the competitive edge you need.

POWER UP Boost key factors for increasing blood flow*^{†1-4}

START STRONG Feel the difference, increase energy quickly and safely*^{†1,4}

GET IN THE ZONE Crush limitations with extreme focus*^{†1}

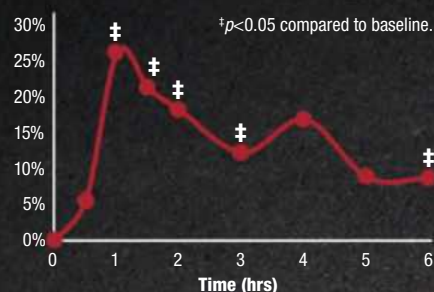
BOOST MUSCLE PUMP Unleash your flex with increases in muscle volume*^{†1-3}

STAY IN THE GAME Combat muscle damage from exercise*^{†1,4}



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*Results compared to baseline.

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LAST SET **POSEDOWN**



STRENGTHS
Biceps, chest, abs

WEAKNESSES
Calves, quad sweep

BEST POSE
Front double biceps

WORST POSE
Rear lat spread

HEIGHT
5'6"

WEIGHT
225

AGE
46

YEARS AS PRO
17

PRO CONTESTS
76

PRO WINS
24



STRENGTHS
Biceps, quad shape

WEAKNESSES
Shoulder and back width

BEST POSE
Front double biceps

WORST POSE
Rear lat spread

HEIGHT
5'10"

WEIGHT
240

AGE
50

YEARS AS PRO
9

PRO CONTESTS
32

PRO WINS
16

JACKSON **vs.** WHEELER

HAS DEXTER JACKSON SURPASSED HIS IDOL, FLEX WHEELER?

PAVEL YTHALL; CHRIS LUND



2008



1999

■ When Dexter Jackson won his fifth Arnold Classic on March 7, he broke a record he'd shared with his idol, Flex Wheeler. Though Dex is only four years younger than Flex, theirs is a tortoise-versus-hare race. Wheeler burst into the big league in 1993 with an Arnold Classic victory and runner-up finish at the Olympia, while Jackson, who made his pro debut in 1999, won his first Arnold in 2005 and the Olympia in 2008. Their careers overlapped—Wheeler beat Jackson seven times between '99 and '00, before the latter flipped the script in 2002—however, Flex peaked in the '90s, while Dex did so in the '00s.

Sporting cartoonish curves with perfect proportions, Wheeler at his best had what many regard as the greatest physique of all time. But did he have a better career than Jackson? He was more dominant, winning half of the pro contests he entered, but, unlike "the Blade," he was never crowned Mr. O (he was second three times), and now Jackson has more Arnold victories, too. In the tally of the two shows that matter most, tortoise beats hare. And the turtle, who turned 46 in November, is still going.

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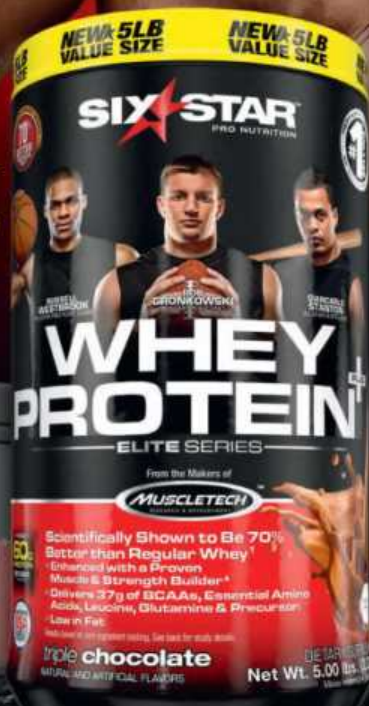
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